This personal diary has been provided by anonymous contributors based upon the processes and techniques contained in the Pilot's book, *Self Clearing*.

If you wish to communicate about this Self Clearing Diary, please go to the Discussion Board.

**** Note: One of the authors of the Self Clearing Diary attained the state of CLEAR while doing the Pilot's 'Self Clearing' book. This is a first and very important indicator that the Pilot's self clearing techniques are not only workable, but can, and do, produce results.*

"**If we inspire others to do clearing work then we have achieved our aim**"

Self Clearing Diary

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***T** - I'm happy with my results with intention and communication.*
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***T** - understands the difference between mind and body **R** - attains CLEAR on the subject of Help*

Chapter 13 (3/2/99-22/3/99) - Change And No Change

*I was able to counter **T**'s remark that I sometimes seemed obsessed with the **self clearing**. I said that anyone not interested in **clearing** was betraying their own obsession with mest and inability to change.*

Chapter 14 (25/3/99-18/5/99) - Protest

***R** - I felt I'd actually exteriorised just back of the mest universe, or just prior to it. **T** - The only person I could find who **protests** about me is **R**, especially my dress sense, physical fitness and motivation about Clearing.*

Chapter 15 (19/5/99-13/6/99) - Problems

Once again each process `worked' . We wish you were `here' with us (spiritually) on this incredible journey as it continues to get better and better for us.

Chapter 16 (14/6/99-25/8/99) - Must Have and Can't Have

Sex, drugs, money, blah, blah, blah - it's all here!

Chapter 17 (31/8/99-20/10/99) - Must Avoid and Can't Get Rid Of

***T** - I realised that my be/do/have is so aberrated that I have to criticise other people's. **R** - The idea of directly processing `pain' just blew me away.*

Chapter 18 (21/9/99-9/11/99) - Cause

***T** - I realised that people aren't necessarily hiding things, often it's that others aren't seeing things. **R** - Currently it seems to me our individuality/identity/ego results from an 8th Dynamic psychosis.*

Chapter 19 (2/12/99-26/12/99) - Overts, Motivators and Withholds

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***T** - I can see how I am capable of influencing other people just by my outlook/attitude*

Chapter 21 (3/2/00-2/3/00) - Affinity, Reality & Communication (under construction)

***T** - I've really been able to improve, be more accepting and less reactive*

Chapter 22 (26/3/00-7/5/00) - More on Upsets

*Disconnecting from a `friend'; **T attains state of Clear**; Handling entities without a meter*

Chapter 23 (?-?) - **Trickery and False Data** (not written up yet)

Chapter 24 (21/5/99-1/6/99) - Suppression

Possibly the most important chapter. `Nothing works' when someone is on your case.

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Self Clearing Diary

Introduction

On 18 December 1997 `The Pilot' released a self-improvement book onto the internet. Called Self Clearing, he encouraged people to use the book to help themselves and others. He writes:

This is a do-it-yourself book that can be studied and used by anybody at home, not only towards clearing themselves of aberrations but also towards the development of advanced spiritual abilities.

Unlike most metaphysical books, this one will include a great deal of mental exercises and techniques. The theories will be intertwined with practical actions to clear oneself of mental barriers and aberrations and to regain abilities, awareness, and recall of one's past existence.

The **Self Clearing Diary** is a record of the results and insights gained by two people using the processes outlined in the
Self Clearing book. One of them, known as **`R**' has done clearing work previously and seeks further enhancement. His partner, **T,** reluctantly agreed to `try it'. Together their experiences may help others seeking self-improvement by demonstrating the workability of the processes in the Self Clearing book.

To really appreciate the diary you need to refer to the Pilot's **Self Clearing book**. It can be obtained via the Self Clearing webpage. All methods, processes, theory, explanations etc are contained in the Pilot's book.

Here is Part 0 of the **Self Clearing book** and here is Part 1.

We hope our results inspire others to obtain the free Self Clearing book and try it themselves
R & T

Self Clearing Diary

Chapter One
`Beginning Steps'

If we inspire others to do clearing work then we have achieved our aim

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These are "processes" which means that they are actions that are to be repeated to a specified result.

There will be more theory on the subject of "processing" later, but one of the basic concepts is that you achieve results much faster by doing an action repetitively rather than by simply straining at something. You pound in a nail by hitting it again and again rather than by simply pushing at it.

The desired result may not happen the first time you do a processing command. You must repeat the command over and over, giving it a chance to "warm up" so to speak, and then you push through and something happens. It might be a trivial thing, or it might be fantastic, but you will have achieved some kind of result.

The Pilot's Self Clearing Book - *Chapter 1*

(Some mood music for this chapter?)

14/3/98

T *and myself took turns reading aloud the 20-odd pages at the beginning of the Pilot's Self Clearing book. We recognised there were a couple of words we were unsure of so we* ***cleared them up in a dictionary*** *and began the first process .*

1.1 The Attention Process

This is almost childishly simple. And yet it is an effective technique for pushing through mental fog and blockage by directing your attention outward in a controlled manner. It also raises perception at the same time. Many variations are possible. In its simplest form, the command is

LOOK AROUND AND NOTICE THINGS, SPOTTING PRECISE POINTS AND MOVING BRISKLY FROM ONE POINT TO THE NEXT

To get really good at it, use it many times over the course of a few days, running it in idle moments at home and at work or while shopping or while walking around or traveling. When you are doing well, it is deceptively fast and simple. But You will be surprised at how much willpower it takes to do this if you are groggy. Learn to do it now before you need it in some dangerous or critical situation.

This is sometimes called a "locational" process in orthodox Scientology because it helps the being to locate or orient himself

T *- After spotting about a dozen spots I noticed a distinct pattern on the wall created by the light.* ***I had not noticed this before*** *although I have used the room thousands of times.*

***R** - When **T** became bright and happy we ended on her `win' and I did the process. After about 6 commands I noticed my attention was `splattering' on the surface of objects. Took a win on this, because I then knew I could control my attention so it didn't splatter. A day or two later did some more `spotting' and found **my attention was now laser-like**. Instead of splattering it was in fact now actually going through doors, walls, etc. Experienced this phenomenon years previously but now there is more certainty and control. Result - regained ability.*

15/3/98

1.2 Spiritual Version

This is the first step towards operating without a body, perceiving things from a viewpoint exterior to the body, and to what the psychics call remote viewing. It is really the same process as 1.1 above, but you do it with your eyes closed.

Begin by running the ordinary attention process on the room while seated in a comfortable position. When your perceptions brighten up, then close your eyes and do it again on an imaginary view of the room. Don't be constantly opening your eyes to look around and correct your perceptions. Don't invalidate your abilities just because you don't always see real things. Early on you will have a lot of imagination mixed in with the real perceptions. Also, you sometimes get "real" perceptions that are different from what the body sees, for example, you can tune into shadows of how the room once looked.

But gradually, as you continue using this process, you will start getting occasional real flashes of perception. Don't push this one too hard early on in processing. Just do it occasionally, accepting any mild "win" and not making a big deal out of it.

This is actually one of the "ultimate" processes at the very top of the scale. Simply looking around and spotting things, no matter what is in the way. One might, for example, see nothing but fog, but one spots precise points in the fog, and then one maybe spots things that might be there in the fog, and then one begins to see real things beyond the fog.

***R** - With eyes closed I achieved a good awareness of the room and also the inside of my head and brain. Realised `I' had made my head my home, **considering it to be empty space**, when it is actually not empty at all.*

T** - This process reminded me of my school days when we were asked to remember items on a tray after a few minutes. Attempting this process gave me a headache initially until I relaxed and was **able to feel the cold wall two metres away whilst sitting on the couch.

20/3/98

1.3 Applying the Attention Process to the body.

This is helpful for speeding healing, easing pain, and improving your control over your body in general. It is a simple procedure of spotting points within the body. Just close your eyes and touch

points in the body with your mind, attempting to look at the areas, but not making a big deal out of whether or not you are getting any visual perception. It is good enough to feel the areas slightly, but try to work up to getting a bit of a view of the inside of the body.

This works best if you alternate the right and left sides of the body and work up and down the nerve channels from the brain to the extremities. If you are trying to handle problems with the head, back, or stomach, then also use a variation where you alternate spotting points in the head and the stomach (the solar plexus is like a mini-brain) because they are at opposite ends of a heavy nerve channel.

Note that you are not your brain. The brain is neither conscious nor self aware, those are your characteristics as a spirit which is capable of thought. However, the brain is a big switchboard and a bit like a computer or calculator used by the spirit. Your normal operating basis is to control the brain (like typing commands into a computer) and let the brain control the body for you. But you are capable of reaching into and controlling the body directly. This process improves that ability. It is like bypassing the auto pilot and flying a plane yourself. A wise man always makes sure that he can override an auto pilot in times of difficulty and danger.

You can also touch the body (alternating sides) with your finger or the back of a pencil to help focus your attention and then look at the spot (with your eyes closed) from the inside. For a pain or injury, work in the hurt area for a few commands and then work out to the extremities (fingers, toes, etc.) for a few commands rather than either avoiding the hurt area or becoming fixated on it.

Facing, accepting, and acknowledging a pain often cools it down a bit. And reaching into the area mentally encourages the body to rush healing forces into it rather than withdrawing from the pain.

For now, do a simple drill of spotting points in the body, alternating the left and right sides. Begin at the top of the head and work down the nerve channels to the hands and fingers, including spotting the tip of each finger. Then begin at the top of the head again and work down the spine and legs going down to the toes. Then work from the head down the front of the body to the genital area. Then work over any other areas of interest. Then repeat this, continuing until the body feels good.

***R** - After a few minutes of alternating my attention left and right up and down my body, legs, feet, etc, I seemed to be somewhat **outside myself, doing the process from behind my body**. That seemed like a good point to end the process. It occurred to me later that this could lead to an ability to do `absent healing'.*

*(**R** - UPDATE December 2000 - it did lead to this ability in a later chapter)*

T** - This process was a little daunting, although proving to be helpful as **it cleared up a pain that I was having in my chest.

21/3/98

1.5 Applying the attention process to learning a skill.

As part of learning a skill where there are tools or equipment or facilities of some sort involved with the area, you can use a variation of this attention process in addition to the usual learning activities.

Spot some specific points on the tool or device, looking at it with your eyes, then mentally spot some specific points inside the device (don't bother to close your eyes), then spot some more on the outside with your eyes, then more inside, etc.

Note that this does not substitute for learning how to operate a machine before you start running it. But it helps you become familiar with the machine while you are studying about it, and it improves your perception and alertness as regards to the device. This could also help with sports. Doing this a bit on a basketball and a basket, for example, might improve your aim.

***R** - Quickly overcame a commonly held idea we can't see `inside' objects. Looked at TV then `inside' it and saw it was full of stuff. It confirmed there was **no physical barrier to spiritual perception**. However, clarity/certainty of perception is not great. (May be linked to the fact I've been `short-sighted' and worn glasses/lenses since age 11?).*

***T** - I selected the telephone for this process, which resulted in me being very interested to learn more about day to day items and how they function.*

22/3/98

1.6 More advanced variations.

...Many other variations are possible. Any of these can be done objectively, with the body's eyes, or mentally with your eyes closed. And you do not have to limit yourself to only doing this in the vicinity of the body. For example, you can close your eyes and get the idea that you are looking down at the city or the countryside and notice things or find things that are safe to look at, etc. We will be doing a bit more of this in a later chapter....

***R** - (Very rewarding for me to help **T**. Very pleased **she recognises misunderstood words and clarifies them**.) Did process and realised the `space' which an object occupies is more basic than the object itself, and would be an undercut to making objects vanish, etc.*

***T** - **After clearing the words "spot" and "permeate", the process was much easier**. I had more of an idea of the three dimensions and preferred this advanced process to the basic attention process.*

Self Clearing Diary

Chapter *Two*

`Reach & Withdraw'

If we inspire others to do clearing work then we have achieved our aim

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Now we will move on to reaching and withdrawing from things rather than simply spotting them.

But first, this seems like a good time to introduce some more of the basics of processing. One of the biggest problems with running a process is knowing how long to continue it.

If you do not run a process long enough, you not only miss out on the gains that could have been made, you can also get your attention stuck on something that is half complete. And some processes can stir up things for you to look at, and if you drop them in the middle, you leave yourself with something stirred up but unhandled and that can be unpleasant.

If, on the other hand, you continue a process too long, you can get into what Scientology calls "overrun". There you are, aiming at some target with a process and suddenly the process completes and the target is gone. Then you continue running the process and a number of undesirable things can occur...

The Pilot's Self Clearing Book - *Chapter 2*

25/3/98

Reach and withdraw

It would be best to experiment with and learn about this overrun/underrun phenomena now while we are dealing with objective drills that do not have very much liability associated with making mistakes in this area.

Later we will be doing subjective processes where the overrun and underrun effect is much more pronounced and troublesome. So this is the time to learn to notice when you have completed a process and learn to rehabilitate the moment of completion if you discover that you have carried on too long.

Our first process will be to simply touch and let go of something repetitively. To observe the phenomena and learn something about it, let's intentionally overrun this one because it is easy to do with this process and the effect is very mild.

R *- Didn't feel need to do this one because I'm already familiar with `overrun'. Recalled earlier discovery though, that taking frequent breaks from a computer is actually `reach and withdraw', and results in staying fresh, having more ideas, being more productive, etc. than just sitting there continuously.*

After a few (or many) repeats, there will come a moment when the spot you are touching suddenly becomes more real and feels better to you. The object will look a bit brighter and you will have a little bit better feeling about it.

This is the moment when the process is complete.

Now keep doing it for another dozen or two repetitions. It will go all right for a bit and then maybe get a little boring and then as you carry on you will notice that its a little more difficult and you don't have that nice feeling about the object anymore. Now recall that exact moment when the process did complete. Get back the good feeling. Remember how you felt about the object and how it looked at that moment. It should start looking and feeling better again.

That moment when you felt good is called a release point or moment of release...

T *- I started off very enthusiastically and felt I could do this process for a long time. Eventually my boredom set in.* ***I now understand that processes can be underrun as well as overrun. The term "release point" means more to me also.***

27/3/98

2.1 Objective reach and withdraw.

Do this occasionally, especially on objects that you have to use or work with. If you drive, try doing it on your car.

As a special variation which is of great benefit, do this on lots of objects in the room and also on spots of the walls until the room suddenly becomes very real and you feel good about the room as a whole. You can also use this to help pull yourself out of a groggy or depressed state just like the processes of chapter 1.

Do a lot of this one. It extroverts you and improves your communication with the physical universe. It is essential to balancing the subjective processes that we will get into later. Without things like this, the subjective techniques can be too introverting.

This will improve your ability to have things and control them

Pick an object. Pick a precise spot on the object. Touch and let go of it until you have a good feeling about that spot. Then pick another spot on the object and do the same. Keep doing this on individual spots until the whole object starts to feel good.

R *- Didn't do this one at this time. Impatient for the `mental' version. Have had numerous wins in the past using this technique to improve confront on various objects and equipment, plus running it on other people, so I already know it `works'. This process in fact has led to an ability to fix things that were `not working'. One example was opening up my parents' tape machine that they said `doesn't record'. I'd never seen inside one before but I soon saw what was wrong and inserted a broken matchstick to fix it. I then played back to them a recording of them insisting how it couldn't be fixed.*

T *- I selected a statue of a boy and a duck, which was very lifelike, so I had a high affinity for what I was touching. After a short time* ***I felt in control of this object*** *and was able to direct this control to other objects in the room.*

28/3/98

2.2 Mental Reach and Withdraw

This process also has a "mental" variation where you reach out mentally, sort of like projecting a beam, and touch and let go of things with your mind. You should use the physical version more than

you use the mental one.

When you first do this one, begin by doing the physical reach and withdraw on an object and when it is complete then shift over to the mental variation on the same object. This would usually be done with your eyes open, using the body's eyes to look at the object and then reaching mentally. But it can also be done with the eye's closed. In that case, you should definitely do the physical version on the object first.

Doing this reach and withdraw with closed eyes will help develop your non-physical perceptions. Gradually you will find that you can feel objects mentally and even start to permeate them and feel what is going on inside of them. Don't expect miracles here, there is a long way to go. But you as a spirit are capable of permeating and perceiving and controlling the universe around you and this is a beginning step in that direction.

R - *This process brought much relief because I'd been trying (unsuccessfully) to `move objects' for many years. It's so much easier to just touch and let go with the mind. I realised this was a missing gradient to psychokinesis/telekinesis and if done long enough should/could lead to such ability.*

T - *Was mildly successful with this process. I feel that the intention of moving objects is there but the result isn't (although this isn't what the process is designed for).* ***R*** *discussed "help" and "purpose" with me. I am lacking purpose with the clearing course and help is still a very hot area for me. This resulted in an upset as I was not able to help my father, who recently passed away.* ***After discussing the subject of help I felt relieved somewhat.***

(R - *Spotting when someone is upset on the subject of `Help' and implementing the solution of discussing it is one of the many advantages of being trained in this subject.)*

29/3/98 - 2.3 The Contact assist or Touch Back

It is very simple and useful and easily done solo. If you hurt yourself, there is a tendency to flinch from that spot mentally and since the body tends to obey the mind, there will also be some inhibition to the circulation and healing forces because you are pulling back. If you simply duplicate the action that hurt you, doing it slowly and safely with the same objects in the same location a few times, this will overcome the mental flinch. Of course you cool down a hot surface, or blunt or protect against anything sharp, etc.

So let us say that you happen to stub your toe. In most cases, the toe keeps hurting for a little while, often surprisingly long considering that there is no significant damage, and there also seems to be an awful tendency to stub the same toe again a little later. To overcome this, you slowly swing your foot and lightly touch the exact point you collided with a few times. Suddenly you get a momentary sharp pain as the incident comes into view and releases and then the pain is really gone. And you don't keep stubbing the same toe over and over again.

R - *No current pains so not able to try this one today. Made note to try it next time got hurt. However, recalled numerous successful (often `miraculous') recoveries in self and others using this technique over the years. For example some years ago in a gymnasium a bodybuilder jammed a finger while replacing some weights. Whilst it was hilarious to see such a big guy hopping around the gymn holding his little*

finger and carrying on like a six year old kid, I wanted to show off this technique. I managed to grab him and get him back to where it happened (at the squat machine) by being very interested and saying `Show me what happened'. When he tried to `talk about' it I kept insisting he `show me' until he was back in the exact same position. As soon as he lifted his hand back to the bar* ***the dramatization of pain stopped****. He straightened up and looked at me and said `What are you, some kind of a witch doctor?'.

2.4 The Wall Drill

In orthodox Scientology, there is a series of "Control, Communication, and Havingness" processes or CCHs for short. This is the process known as CCH 2. This is absurdly simple and surprising in its effects. Begin by picking two walls with a clear path to walk between them. The commands are:

2.4a) You look at that wall.
2.4b) You walk over to that wall.
2.4c) You touch that wall.
2.4d) You turn around.

This is repeated over and over again, going back and forth between the two walls. The actions should be very precise, cleanly doing each one and recognizing that you have done it. Each time you do it, you act like it was the first time rather than simply repeating the action on automatic.

Now I'm quite serious in suggesting that you actually get out of the chair and do this. The reactions can be surprising in comparison with what you might think would happen in theory.

Doing something precise and repetitive like this can stir up all sorts of old buried stuff such as hypnotic control or being made to march in ranks in the army. What is stirred up might not be in the current lifetime and might not be directly accessible by recall, and yet you can alleviate the weight of it by continuing the process until you successfully push through the effects and can simply and comfortably do the action. This process might not "bite" deeply the first time. You might just do a few cycles of the commands and suddenly feel good about controlling the body and moving it around. If that happens, accept the "win" and end off. But go back to it later and try it again.

This process also has a "mental" variation where you lie down, close your eyes, and imagine yourself doing the commands and moving back and forth between the two walls as a spirit. But this is generally too advanced for most beginners. This process does to some degree stir up old hypnosis etc. and doing it while lying down instead of moving the body around (which forces you to stay awake) almost guarantees that you will fall asleep if any hypnotic stuff begins to run out. So a beginner might be better off leaving this variation for a second pass through this book.

T *- I was very frightened of performing this process due to the publicity I had heard about it. Even though I was tired and had a pain behind my eyes I did the process, with* ***R*** *giving the necessary commands. I laughed initially due to the ordinariness of it, then I felt like I was being punished like in school. It was a win knowing that I had put in a lot of effort in attempting the process.* ***My headache disappeared and I felt a lot brighter****.*
R *demonstrated the process as per the church, which I found incredible.*

2/4/98

***R** - Bit of mental `fog' last few days. **Then today I really understood about `letting go' mentally. This is a result of doing both the physical and the mental reach and withdraw technique. I wouldn't have understood it without doing both.** Haven't mastered it but **more aware now of how my mind works**. Also today banged toe on furniture. Really hurt as I'd broken it years ago (doing karate). Remembered to do the contact assist (see process 2.3 above) which **definitely reduced the pain**, but not entirely because of an earlier injury.*

*Later I did the Reach & Withdraw process (2.1) for about 15 minutes on 3 juggling balls. Nothing much seemed to occur during the process so ended off when felt good about it. Next morning however I was actually able to juggle the 3 balls, not for long, but I did it, for the first time. I've only previously been able to juggle 2 balls so this was **a definite increase in ability**.*

***T** - Today I **gained an ability to "know" words**. I helped my mother with a crossword and I did not have to "think" of any answers. They were instantly in my mind. I have struggled to perform crosswords in the past, having to rely on guesswork or using the dictionary. A few days prior to this I noticed that I could "picture" the incomplete words in a crossword. When a crossword question was read out and then the letters already in place I could see this in my mind without having to write it down or look at the actual crossword. These achievements may seem trivial, but I enjoy competitions. I have won a number of significant prizes in competitions so I have **really noticed the gains from doing these processes. Also my ability to communicate has improved and I no longer have a problem with asking people questions to enhance communication**.*

3/4/98

2.5 Precise Control

You can also drill precisely moving or controlling an object.

Choose an object that you can move easily. Pick two spots. Precisely move the object back and forth between the two spots, taking care to move it at a uniform speed and land on the exact spot without hesitation. Let go of the object each time and then pick it up again.

Precision type drills will turn on reactions sometimes and you keep them up until you push through and the reaction disappears. For machinery, such as an automobile, control the machine precisely over and over again in an appropriate manner. In learning to drive, for example, it helps to practice stopping the car at precise points over and over again.

In learning the piano, you might choose two notes far apart on the keyboard and precisely move back and forth between them, using the same speed and force each time. Or use this as part of learning to type. This isn't meant to substitute for the usual learning activities in mastering a skill, but it can speed up the process and take you to greater levels of mastery.

You can take this a bit further by doing it with your eyes closed as long as the action is one that can safely be done that way (don't drive with your eyes closed!). This is one of the key tricks of the oriental masters in learning a skill. You will find it in everything from Kung-fu to table tennis.

***T** - Disaster! I didn't really want to do this as it was late. Shortly after starting I just didn't want to continue the process. I refused to go on and felt I was being pushed into it, resulting in an upset. I noticed this episode of upset follows a pattern of which I am now more aware and which has affected me all my life. I use this mechanism in order to discontinue study or anything I don't want to do. The win is that although I did not complete the process, **this upset does not occur as frequently as before**.*

***R** - Phew! Rough for me, too, as I was unable to help **T** through the process. However, was able to be there for her and ease the upset that turned on. Decided not to do this process myself as I was happy with the results obtained years earlier with COS. However, I had **good result on doing mental touch assist (process 1.3) for toe inury** on train going to work this morning. After doing it for about 10 minutes I realised the process had much in common with Objective Reach & Withdraw. About then when my attention reached the toe I `saw' the toe when I'd hurt it during aikido and it had gone black with bruising. This caused further easing of trauma in the toe. Later I got a flashback of when the toe was broken over 20 years ago in karate, so I intend to continue the process for further improvement at a suitable time.*

5/4/98

***R** - Waking during the night I experienced `spontaneous' realisations about subjects apparently unrelated to present time matters as well as realisations about whatever I put my attention on.*

6/4/98

***T** - After much deliberation I decided to do the process again. I was successful after only a short time. Even though I could feel the same physical sensation I had felt before, **I overcame this and realised I was in control and could keep going. I realise I have a problem with not finishing what I start. I feel confident that further processing will continue to clear this difficulty**.*

***R** - I didn't do this process but helped **T**. Had to be quick spotting her win on this one and not letting her overrun. We had discussed the possibility that some of these processes could continue for hours, if not days. Noticed a smile after **T** had moved the object for about 30 seconds. I asked what was happening. We were both **amazed at how easily she did the process** compared to the previous attempt.*

7/4/98

***T** - I **overcame a huge inhibition today** by wearing a dress to work for the first time in at least three years. Performing the processes has **improved my self-esteem and confidence**. Also I have been trying to obtain a more fulfilling job for three years. I finally began a new job last week. I feel I can attribute these wins to this self-clearing course.*

Summary

***R** - That's it! **We've completed chapters 1 and 2 of the Self Clearing book!** I am very pleased with our progress. It was a win to start this project, and another win to actually complete this section. I didn't expect the personal gains I actually did make. And I'm really happy **T** stuck with it, came through everything, and did so well! It's definitely more rewarding to do clearing with someone else. Her wins became my wins. Also, It really makes a difference following a set path as laid out here by the Pilot, as*

opposed to just doing random processes. Also, keeping a `diary' makes one more aware of any wins, realisations, etc, because you make a mental note to share wins with your partner and write them in the diary later. Also there is the fact that this may be read by other people. ***It is so important to me that people grasp the significance of what we are doing here and decide to do clearing themselves****.*

I am impatient to complete this section of the diary, post it to the internet, and begin the next section. But now I want to tell you more about why I am doing this project. I left the Church of Scientology because I believed I could not afford the prices involved in going further. The gains I made were phenomenal, priceless, far exceeding most of my expectations, but not enough. I wanted more but couldn't afford it. I knew I had to leave and see what I could accomplish alone. Then I met ***T****. She listened to my raves. She had to.* ***I made it a condition of our relationship that accepting me meant embracing the idea of clearing.***

Fortunately we discovered the ***Free Zone*** *via the internet. I was blown out. Ecstatic. Here was everything I'd raved about but now, rightly or wrongly, freely available. I oriented myself and jumped back on the elevator and enjoyed some great results.*

Then came ***Self Clearing*** *where you* ***didn't even need a meter!*** *You don't NEED to be trained or supervised or anything else. You just work through the book! Unbelievable!!! This was exactly what I needed to get my partner to share what I had discovered years ago - that clearing works and life can be made better!*

I am indebted to the C of S where I learned how to apply processes to others. Without that background ***T*** *and myself would not have attained the results we have. The major factor though was WANTING to do it then just DOING it. Demand for Improvement, if you like.*

But I believe ***anyone can benefit from Self Clearing and it is so important that they do****. And because* ***the Self Clearing Book is free*** *the excuse one `cannot afford' to do clearing is invalid. My purpose is three-fold.*

1. further self improvement through clearing
2. improvement for my partner (with minimal dependence on me)
3. inspire the clearing of others by our example.

Those newer to this type of self-improvement may relate better to the results of ***T****. Others may relate to mine.*

If we inspire anyone to do clearing work of any kind then we have achieved our aim.

Diary Contents

On to Diary Chapter 3

Self Clearing Diary

Chapter *Three*

`Thoughts, Emotions, and Attitudes'

If we inspire others to do clearing work then we have achieved our aim

---

Mastery over your own mind is a necessary step in your spiritual advancement. In this chapter we will take some beginning steps in this direction.

from The Pilot's Self Clearing book - Chapter 3

Friday 11/4/98

Process 3.1 Attitudes

Pick an innocuous object in the room, one that you neither love nor hate. Look at it and feel various positive things about it. Decide that you love it, it is beautiful, wonderful, helpful, etc. Feel joy at having it there. Do this for some minutes, making the feelings and attitudes as positive as you can. Then reverse this...

> ***T*** *- I feel pretty blasé towards most objects, so I struggled with this process initially. After a couple of minutes I realised that the object always remains the same, it's the emotions and attitudes which the person puts into it that make the difference. I felt* ***very happy that I had spotted my own win on this one****, without* ***R****'s help.*
>
> ***R*** *- Effort at first feeling attitudes toward object/s because been cause rather than effect emotionally since earlier clearing work. Became aware of attitudes already in objects placed there by manufacturer/s. For example, they had already put aesthetics, pride, etc into table which made it hard to superimpose my attitudes on theirs (reluctance to invalidate them). Continuing process made clearer the difference between my stuff and objects' stuff. Saw objects as they were in the past (their time track). Realised continuing would be clearing objects' track. Also* ***realised this was basis of psychometry*** *(Webster's Dictionary - the supposed faculty of divining knowledge about an object, or about a person connected with it, through contact with the object).*
>
> ***Saturday 11/4/98***
>
> ***R*** *- Awoke with right arm completely numb from shoulder down. Very scary as it's happened before along with severe chest pains. At age 47 it could mean heart trouble though I run and swim year round. Decided to do more* ***process 1.3 Applying attention process to body*** *as this helped with broken toe previously and I like doing solo stuff. Began at 8am. Found it much quicker than*

the standard `touch assist' (which requires another person). In fact, found it helped to synchronise process with tick of clock. Immediately was ***doing process from behind my body*** *which soon relaxed around neck and shoulders. After a few minutes relevant images came to mind, eg, 1. American civil war soldier with right arm missing (from shoulder down) 2. lying on battlefield, musket ball in centre of chest 3. robot body with ball bearing in centre of chest causing short circuit. This last image brought release of energy in chest area and feeling of relief so ended process at 9am. Also helped explain my affinity for robots and sci fi. (Forbidden Planet, Lost In Space, The Terminator, C3PO in Star Wars).*

*(**R** - UPDATE December 2000 - see diary chapter 31 for data on Linus Pauling's cure for all heart disease.)*

Process 3.2 Associations

Pick a large object in the room, such as a piece of furniture. Think of an object which is not present and which it would be silly to associate with the piece of furniture. You might for example pick a bookcase in the room and choose a manhole cover for the silly association.

Look at the object and immediately think of the silly thing that you have associated with it, as if it was an automatic association. In other words, you look at the bookcase and immediately think "manhole covers". If possible, actually visualize a mental picture of a manhole cover which pops into view when you look at the bookcase.

Do this a few times, looking at the object and having the association occur and then looking away and having the thought or picture go away.

T** - After associating objects the win I had was* ***no longer associating items compulsively*.*

R** - Immediately realised I'd been doing this for years as a mnemonic system for recalling names, dates, phone numbers, etc, and recognised* ***the rehabilitation of this ability*. A few years ago I studied various memory systems, got excited and wrote a book called* How To Remember 100 Jokes *. I may publish it one day. Last week I used the associations process to memorise American states and capitals. So I had flattened this process years ago taking the ability to make associations to a superior and practical level way above the norm.*

Sunday 12 April 1998

Process 3.3 Emotions

Pick an object. Get the idea that you feel sorry for the object. Then get the idea that the object feels sorry for you. Alternate back and forth a few times. Then pick another object and do the same. Continue this until you feel some control over grief and sympathy...

***R** - (Enjoying this Easter long weekend! We surfed the net in morning then we took a friend to the beach and bodysurfed. Well, I surfed while the girls watched. Caught about 20 great waves then we had great lunch at a club, returned to friend's place to help her with computer, then back home*

*and do another process). **T** read instructions for process. I went first then noticed **T** 's attention not with me. I queried this and **T** began crying. We found the earlier similar incidents in restimulation (which brought some relief) and an invalidative phrase. Got **T** to repeat the phrase over and over. At first she couldn't say it at all. We continued until she was **able to say it easily and started laughing about it**.*

*(**Update 25/4/98** - **T** now uses the phrase freely in conversation with me, as an in-joke).*

***T** - After we started this process I realised I had left wet clothes in the washing machine. Two previous incidents came to mind involving myself and wet or soiled clothes. A phrase that my mother used when I was younger made me very upset when I thought of it again. **R** helped me to handle the situation and flatten the emotion on it. I again realised that at times I feel resentment towards members of my family.*

Monday 13 April 1998

***R** - Before **T** arrived home did more **process 1.3 Applying attention process to body** to safeguard against further body problems but nothing occurred apart from change in viewpoint. Some difficulty being exterior confronting face whereas back of head is no problem. One reason was order to `face the front' in army. Another was the thought it was narcissistic to admire oneself. Ended process after doing it comfortably from in front of face.*

T** - I did the association process (3.2) again. This time I used action to associate the two objects (eg a tea towel covering a camera). As I picked more objects the process became easier and took less focus. I picked up a sensation similar to a headache whilst doing the process, although I lost this after picking my third object. We started the next process although I was not able to feel the emotion in return from the object, and then I couldn't feel emotion towards it on the second attempt. We **cleared the word "emotion" in a dictionary and left it on this win.

Tuesday 14 April 1998

***R** - Felt more gains available from **process 3.3 Emotions** so altered it and used it on people on train going to work, then later on objects and people at work. Results astounded me as I had recently re-investigated hypnotism as a means of dealing with others' irrationality in the workaday world, so I really needed this process. Though knowing and using the tone scale since 1977 I never dreamed there were such further gains to be had. Alternated idea of me feeling sympathy/fear/etc for another, then he/she feeling that emotion for me till the following things occurred:*
*1. Realised now had **ability to control (start, change, stop) any emotion on all flows** (self to self, self to another, another to self, another to another, others to others, etc), that this is subject to others' counter intention, etc, but they are usually totally effect of emotions anyway. This IS an ability I've needed for a LONG time. **(Thanks, Pilot!)***
2. Experienced fear of another as `inflow', alternated this idea so another feared me, experienced this as an `outflow' which quickly led to `anger', then had huge realisation why bosses automatically become tyrants (anger/abuse) as workers become subservient (fearful, cringing, hangdog) reacting to each others' emotional flows. Used this at work to deal with supervisor and co-workers to become more positive and assertive.
3. ***Continued to have realisations throughout the day**, too many to recall now.*

__T__ - Attempted the Emotions process again. I had a feeling from the outset that I couldn't do the process. We discussed the process further and tried to locate any misunderstood words etc. I became very agitated when I thought in order to perform the process I would have to lie. It didn't become evident to me straightaway that I had __a problem with pretending and lying.__ This brought up my religious upbringing and how it is still at the centre of my being. The thing that left the most impression on me with Catholicism is the fact that I know the difference between right and wrong and am not able to sway from this. __R__ is going to look at progressing further, perhaps even bypassing this process and performing it the next time through.

Wednesday 15/4/98

__R__ - As __T__ was still unable to do __3.3 Emotions__ I tried to handle her considerations - no go. I couldn't figure out what the problem was so I decided to try Appendix B - Correction List.

This is a general correction list for use in self clearing to find errors for correction or for use as a general cleanup.The instructions for using this are in chapter 27.

1. Is there an ARC Break (upset)
2. Is there a Present Time Problem
3. Has a Withhold Been Missed, etc.

The result was excellent! __(Say, this really works!)__ I read each item on the list to __T__ and was able to deal with the ones she felt were applicable - upsets, etc. and __ended after a few things handled to a good point__ with the intention to continue this list next time.

__T__ - __R__ showed me the definition of __lie__ in the Tech dictionary. I still feel lying has bad connotations because of my Catholic upbringing. We also discussed the conditions of is-ness, alter-is and not-is. We began the Correction List and __I now have a better understanding of rudiments__.

Friday 17/4/98

__R__ - Located and printed out correction list handling section - Chapter 27: Keeping Yourself Moving - and read through it. Continued __Appendix B - Correction List__ on __T__ by asking her each question. Relevant items were taken to good results. __T__ said __item 21 - is there too much charge in the area?__ - applied to the Emotions process she'd been doing, so we agreed to leave the process till a later time. __Item 29 - is somebody actively suppressing you or preventing you from making progress?__ - came up. Solution was handy at the front of the section printed out for the `handling' steps of the Correction List (Chapter 24 Suppression).

__T__ - We continued the __Correction List__ to try to discover why I am having so much trouble with the Emotions process. We decided item 21, "Is there too much charge in the area", presented us with the answer. I have had this problem before with clearing the subject of Chemistry. This earlier subject gave a reading on the E-meter but was not able to be dealt with at that time due to its charge.

(__R__ - UPDATE DECEMBER 2000 - I had done a couple of actions on __T__ using the e-meter prior to

beginning the Self Clearing. Neither of us used a meter for Self Clearing up until chapter 22 where the Pilot suggests using one if you have one.)

***R** - My chest (sternum) very sore today. Earlier handling not complete. Further mental picture came to mind of red hot poker pushed into it (same battlefield/scene as before). This picture came up years ago but I assumed it was torture thing. Now realise it was cauterising wound after removal of musket ball. (Told **T** this explained my interest in US civil war movies, etc.) Then realised these past-life pictures were being keyed-in by a physical exercise I'm doing to strengthen my neck (head-stand), so all's well that ends well.*

Saturday 18/4/98

***R** - Very pleased with results of Correction List (Appendix B) on **T**. After years of processing in a small room, always using a meter and `standard tech' , and needing the support of a complete organisation, I am amazed at how well we are doing. This **Self Clearing is powerful and effective** needing no electronic device (so far). However, I don't know how well we'd be doing without my church background. One can tell by the diary entries **T** is getting good results so I decided to complete the whole **Correction List**. I was not surprised when **suppression** came up as it came up last year when we were trying to do processing and wasn't fully handled then. It certainly explained to me why **T** seemed to be so resistant to doing clearing.*

***T - R** decided that we should continue with the remainder of the questions on the correction list. On question 29, "Is somebody actively suppressing you or preventing you from making progress", I felt that my mother and my brother, whom I live with, **are inhibiting my spiritual growth**. My brother has a slight knowledge of Dianetics but is basically stuck on the first dynamic (himself). My mother thinks that Catholicism is the answer but does not look after herself physically and has used medication to basically stay upright for the past 30 or so years.*

***R** - Now that the item of **Suppression** had come to light on **T**'s case I knew it was imperative to address it thoroughly before continuing this chapter or doing anything else. The Pilot offers a solution in*
***Chapter 24: Suppression** and this is a chance to see if it works or not.*

***T** - We began the suppression chapter. **I realised that I stop myself regularly as it is sometimes easier to stop than to continue and fail**. In my family criticism was regular in the form of teasing. I think because of this I have developed a low-self esteem and am self-critical. I have decided to be a little less critical of myself. With the "Making Nothing" questions, I recalled an incident when an overweight man pushed me out of the way, which left me feeling very insignificant. **I realised that with any criticism given (whether or good or bad) goes the responsibility of the end result** (ie telling someone that their life is not worth living and then they commit suicide).*

Sunday 19/4/98

***R** - Came across a process mentioned in **IVy magazine**. It's actually from **Chapter 43 Advanced Concepts** in the **Self Clearing book** so I decided it was okay to do it.*

*(**R** - UPDATE December 2000 - In retrospect this process obviously doesn't belong in this chapter*

of the diary but it's what I did at the time to demonstrate one doesn't HAVE to do the processes in the given sequence)

43.1 Courage and Beauty

Courage was messed up very early in our history by convincing people how beautiful and glorious it was to be courageous and fight against overwhelming odds and lose. So one tends to postulate one's opponents as stronger when one is being courageous. The following process should clean this up.

a) get the beauty of being courageous and losing
b) get the beauty of another being courageous and losing
c) get the beauty of being courageous and winning
d) get the beauty of another being courageous and winning

Run this at least to the point where you have no need to make an opponent stronger to show off how courageous you are. At basic, this underlies the tendency to mockup one's own opposition.

Feel it could take a while to get full result as so much stuff connected with it (martial arts stuff, conflicts in life, heaps of past life stuff). Need something to do until ***T*** *completes on current repair/ suppression step and this indicates. Began process while walking/catching train to work and various times during the day.* ***Wherever possible I write down results (a running record) as I run a process*** *(so it's not just going round and round in head) and then dispose of it after reaching desired result. Really works for me since this incident when I was studying Scientology -*

I was sent to Ethics department after arguing with course supervisor. I reluctantly agreed to write up my overts & withholds when assured that the supervisor would be dealt with also. After a page or two the overts automatically went earlier similar. After all, I was on full-time auditor training and winning like crazy but receiving minimal processing myself. I was left alone for some time. As I confronted present overts, earlier ones popped up. As I wrote those down further stuff came to mind that I knew wasn't this life, but definitely connected because it ***explained why I was having so much trouble in my present life****. When the Ethics officer returned and looked at my `write-up' he said I ought to be `in session', meaning I needed a trained practitioner to guide me through the stuff I was coming up with. However,* ***I now knew I had the ability to process myself*** *and handle my own charge, upset, etc, if allowed to do so.*

T *- Continuing with `suppression' handling, began* ***spotting suppressive people with whom I am in contact****. After we ran through the spotting suppressive people questions I gave the answer of my younger brother on a few questions so we did the process with him in mind. We started with help. I feel that I have done what I can to help my brother (who smokes dope and cigarettes and gambles and owes money). He has read a bit of Dianetics but has not completed it. He commits many overts on me (takes money, breaks my belongings, last year threw a firecracker at my feet). Recently my brother* ***rejected my affinity*** *when I gave him something which he thought was insignificant. He hasn't bought me a birthday or Christmas present for the last couple of years. I realised that I haven't really liked him since we were children. I tolerate him but I don't spend that much time with him as his influence is negative. Remembered a time when* ***he rejected my communication*** *because I was influential in splitting him and his girlfriend up because he was using her. At*

present he and I are not in agreement as he is very sympathetic towards my mother, who is very difficult to live with. I feel that I can't be responsible for any actions that he takes. Instead of feeling that my brother is suppressing me, ***since doing processing I now see that he is suppressing himself*** *(I discovered that he now owes about $20,000 and I feel that any advice I have to offer he will not accept). After that we went swimming, in which I am constantly improving. Even though it's only April* ***most of my New Year's resolutions have been attained*** *(changing my job, getting rid of a three year old wart, regular processing).* ***I also realised that I am too obsessed with the physical universe*** *(eg how people look).*

Monday 20 April 1998

R *- Did another four or five hours (on and off) of* ***43.1 Courage & Beauty*** *process. Some major realisations which straightened out some time track (back to entry into physical universe) but not complete yet. Recalled some more of make-wrong mechanism (If I can't fix something then I'll refuse to `see' it. May explain why I need glasses!). Also* ***rehabbed major purpose****; alway knew I wanted `out' but never knew where to, till now. Now I know I wanted out of the earth game and back up to the Marcab game. Of course I need to transcend that game too. Number of other realisations. Point is* ***I'm having revelations daily as a result of doing self clearing****.*

Wednesday 21 April 1998 *- received e-mail:*

> **Thanks for the diary. I think that this is something that would help and encourage those that are doing the processes in the book. I am going to put a link to it on the Pilot's page. It should be up within**
> **24 hours. I will be glad to put up more pages as you send them to me. Keep up the great work!**
> **My best to you both - (P)**

Thursday 23 April 1998

T *- We continued the* ***Suppression handling****. This time we concentrated on another close relative. Instead of feeling that this person was suppressing me,* ***I discovered that the opposite was true****. I have a habit of rejecting communication and invalidating this person. I will attempt to rectify this when I see this person again. As this person is not the suppressive we were looking for, we will perform the handling again on the next occasion with a close relative who recently passed away.*

R *- Very pleased with* ***T****'s results from Suppression (Chapter 24) handling. That's two terminals down, one to go. She's been very chipper lately, and there's a lot of things (often funny) she says that don't get into the diary e.g. `I know ruds now, there's ARC break, PTP, and pan determinism', or `tone level 1.1 - covert overt`. She likes to impress me by `talking tech', which is fine by me, and a window to see what words/subjects she needs to clarify next.*

Friday 24 April 1998

R *- Couple more hours on* ***43.1****. Numerous incidents came up resulting in further cognitions e.g. 1. recalled encounter with theta pole trap. Fellow beings had succumbed to these traps and I thought I could destroy/unmock the trap/s. (It's come up many times before and is a key incident in*

my overall demise as a being). This time I finally understood `What you resist you become' because I was a free being (no body) before contact with it. When `they' came from craft and scraped me off it I was at total failure, unknowing, out the bottom, grateful for `rescue' and ripe for recruitment and a body courtesy of Marcab. I'd lost the thetan v body war. I had resisted the (physical) pole trap and so become matter/energy in space/time.
2. as a free being/god recalled `agreeing' to enter a universe/mockup to rescue beings trapped there in bodies. Of course now (knowing the tech) I realise they were trapped by their own agreements. So we fought. (When I first recalled this, some years ago, it was almost identical with story/images seen in Hare Krishna books where Krishna wars with humans. That hasn't changed and I could assume `I' was Krishna. But it's more likely the Krishna of my incident was a mocked-up role used to trap many other free beings). Again gained personal reality on `What you resist you become' .

(UPDATE DECEMBER 200 - I've since realised this episode is part of ***Incident 1*** *as described in* ***Chapter 36: Entry Into This universe****)*

When ***T*** *came home from work she complained of a sore throat and that she was maybe coming down with something that she'd probably caught from another girl at work who was very sick.*

Saturday 25 April 1998

R *- It's taking all morning to write-up dairy entries for this week. As I write,* ***T*** *is doing chores (dishes, scrubbing shower tiles, etc) (We take turns). I queried her and she says she still gets upset (if things take `too long' or whatever) but she deals with it more easily and quickly than previously. Considering splitting*
Chapter 3 into two parts because it looks like being a long one. See how it goes. Later during morning
T said she knew what (who) was causing the `sore throat' *and would like to include that person in Suppression handling later.*

T *- I am having trouble with a lady at work who I don't answer to but could make life difficult.* ***My throat stopped being sore when it occurred to me she could be suppressing me****. Since I began the job (and even at the interview) I feel as though she has been creating a chasm and negating my communications. We did the Suppression handling for her. I discovered I don't really like her although I am making an effort to. The only time she wants to chat with me is during my lunch break when I want to read and be left alone. An example of our conversation: Her, "How was your day off?" T, "Okay, although the weather was miserable." Her, "You weren't planning on going to the beach though, were you?" After doing the handling the suppression did not resolve, so I am going to create mockups (list situations where I can handle her suppression).* ***The win I had was spotting a potentially suppressive person, which stopped a cold from occurring.***

Monday 28 April 1998

Process 3.4 Automaticities

In this step, we are interested in gaining some control over various things that the mind is doing automatically. Close your eyes. Notice what you are looking at. Sometimes people have mental

pictures or after images. Sometimes there are splotches of "energy". Sometimes there is just blackness but there is an "intensity" to the blackness.

Whatever you "see" with your eyes closed, make a mental image copy of it, just like it but off to the side. This could be a screen with a copy of the image on it, or it could even be a three dimensional copy of the space that you are viewing. Just get whatever you can whether real or flimsy or even just the idea that you are projecting a copy.

R *- Good to be back on the main program. I went first and got some results straight away. When closed eyes saw round energy shape in blackness that's normally there. After making about a dozen copies of this it turned into a round optical lens, then a petri dish. This relates directly to some distant track I know about, but not fully resolved. Obviously* ***this process is a powerful tool to identify/resolve mental masses. Excellent!***

T *- I did the Automaticities process as I felt there was still too much charge on the Emotions process. I was able to visualise a deep maroon colour and after making copies of it the colour became lighter. On command I was able to change the colour of the shape, although light green proved difficult to visualise (I had a bedroom with green walls for many years). After a while my eyes felt as though they were permanently shut. This freaked me out. I remembered having a nightmare when I was young where my eyes were covered with a sticky substance and I was very scared after this nightmare to use the bathroom.* ***R*** *asked me to look at an earlier similar incident.* ***I remembered a time when I was born****. My eyes were not open when I physically entered the world and the room was cold, clinical (similar to a bathroom).* ***My win was discovering my earlier similar and making the association. I also felt brighter****.*

Tuesday 29 April 1998

R *- Had put in more time on* ***43.1*** *during day, so happy to work with* ***T*** *on* ***Automaticities****.*

T *- Did the Automaticities process again. This brought up the problem of stopping processes as I had a headache which I felt was due to the room light. I looked for an earlier similar and came up with puberty, which I wanted to stop but couldn't. This memory proved to be upsetting as I feel that between the ages of 15 and 25 was a time filled with fear, confusion and guilt associated with menstruation.*

Wednesday 30 April 1998

R *- Taking the night off tonight. However, put in a few more hours on* ***43.1*** *today. Lots of new understandings but still not fully resolved.*

Thursday 1 May 1998

R *- Got angry with* ***T*** *(I know it's a violation of the Auditor's Code) when she was being unwilling (again) to continue with the next process, or cooperate with any handling. Abandoned her and went on the computer for the rest of the evening. Later on, in bed, recalled that when doing process* ***1.3 Applying the Attention Process to the body*** *(I call it OT touch assist) recently my body no longer appeared `solid'. It looked `clear', empty, like those plastic models (called Visible Man/*

Woman). Did much OTIII with the church then Excalibur in freezone, and read NOTs material, so decided this was somewhat significant.

Friday 2 May 1998

***R** - Made up with **T** and had dinner in town with her to celebrate our **Self Clearing** progress so far.*

***T** - I told **R** that I'm having a lot of problems with the processes. I feel like he drags them out when in fact he's just trying to help. I'd rather we just did straight auditing on the cans with the problems that I'm aware of instead of doing the processes and waiting until I flare up. During the week **I have had no trouble with the person at work since doing the suppression handling**. We have been getting along a lot better.*

Saturday 3 May 1998

Process 3.5 More Automaticities

Pick a nice object in the room. Sit and look at it in a comfortable manner. If there are any thoughts running around in your head, pick one and "copy" it, thinking it over and over and making it "louder" and "softer" alternately until you have control over it and no need to think it. Then pick another and do the same until your thoughts "quiet down".

If anything else is distracting your attention from the object, copy it many times and change its characteristics (color, loudness, or any variation in intensity or quality) until the distraction fades.

Work to cool everything down so that you can just sit comfortably and look

***R** - After dealing with a couple of thoughts quickly realised mastering this process would put one at **cause over one's mind**. Then I helped **T** to a win, as follows.*

T** - First of all I had trouble with this process due to the ticking of our clock, which reminds me of a bomb ticking. We **found an earlier similar on this** when I had a noisy clock when I was younger and I threw it on the floor to try to stop the noise. In order to do the current process I moved the clock into another room. I selected a roll of paper on the table to focus on. A song came into my head which distracted me. I repeated the first two lines of the song, making it louder and softer in my head alternately. **I started to laugh as I realised how silly the whole thing was.

Process 3.6 Confront

Now we are going to drill confronting. This consists of simply sitting there and looking at something, with you attention on the thing that you are looking at and no attention on or activity going on with your body or mind. This drills your ability to hold a position in space and simply be there without distraction

***R** - Wonderful to discover this `undercut' after so many hours of `confronting another person' in*

*the church. It's a **perfect gradient step** which **T** needs (she was unable to do any `confronting' processes previously). We sat and looked at the wall together for some minutes. Dealt with a stray thought as recommended, making it `louder', `softer' until no need to think of it. Then ensured **T** was doing okay.*

***T** - We did a confront process a few years ago with limited success. We started off by **clearing the word "confront"**. I had though it meant to meet, but it actually has for me now a negative connotation. This time around instead of concentrating on looking at each other we looked at the wall. I had many distractions (cars, birds, thoughts) but **was able to continue to confront the wall**. After a while my eyes started to get heavy, although I still had control. On the first attempt of this process I was happy to just confront for 30 seconds or so.*

Sunday 4 May 1998

***R** - 7.30am. Couldn't sleep-in despite being tired. Purpose to work on diary too strong. So much more occurring than gets written here, e.g. `dream' last night/this morning (**a result of overrunning the Courage & Beauty process?**): War zone. Bosnia today? Another planet millions of years ago? Small girl on street; bare feet, tattered dress, singing. She flinches as soldiers/people approach, exterminating/ cleansing. They/we notice and stop, captivated by beautiful voice and courage. Our admiration is met with tears from her eyes. She sings louder, not just for her own life, but for the life of all her people. An oasis of pathos in the midst of war's carnage she pleads for all the victims of war. One can learn from dreams, thus:*
1. Recalled datum that American Indians believe (know?) showing courage (e.g. singing, dancing) to the enemy when facing death can save your life. Recalled images from movies illustrating this.
*2. Above `dream' was/is totally `real', either an actual incident or an implant, obviously triggered by and is (for me) the epitome of process **43.1 Courage and Beauty**.*
3. `Army' was stopped by waif mockup/beautiful singing combination. Aesthetic/courage defeated (is solution to) brute force. If actual incident or implant I could not continue war and kill child. Importantly, unable to erase picture (that's why it's there) therefore I'm (still) trapped by it.
4. We are trapped by a thing (picture/dream etc) until/unless we can create/destroy (have/not have) it.
5. This `dream' (therefore others also) could by `my' picture or exist at a level common to all of us.
*6. **Aesthetics/beauty is more real to me**. (Though very first poem went into school magazine, and written many limericks, poems, songs.) Can see how we are effect of it rather than cause.*

Tuesday 5 May 1998

***R** - Had day off work so spent some hours surfing the net, downloaded 40 chapters of **Ingo Swann's The Real Story** (his involvement with `Remote Viewing') plus other stuff. Imagine, one of the world's leading `superpsychics' couldn't get his book published so he's posted it free to the internet! (www.biomindsuperpowers.com/Pages/Superpowers.html). Oh, he's done Scientology, by the way.*

Wednesday 6 May 1998

***R** - Travelling to work I did more **43.1 Courage & Beauty**. Finally got it! Blew identification of beauty/aesthetics with `losing'. Explains why I mysteriously lost to others in martial arts,*

*arguments etc. `There's beauty in losing' type computation/s. There may be other flows to handle but* ***I've blown the compulsion to `sabotage' myself****, which has been there for ages.*

At work thought about experiences had since beginning Scn and LRH's `One needs to become clear on all dynamics' (see Chapter 44.1) Recalled first past life recall, exteriorisation from body (on book & bottle), super literacy (study tech), word clear, Clear (1st dynamic), exteriorisation from physical universe (on Purification Rundown), 8th dynamic clear, and a state of `static' experienced twice whilst driving. Wondered why these experiences were transient and infrequent. On train returning from work closed eyes and re-experienced state of static and realised it was because of identification with body. Body had always been stable datum/home/`me'. When I spotted this error/assumption I was able to `have' the static state and identify with it for the first time.

Friday 7 May 1998

R *- Again, going to work, experienced annoyance at others/humans (smoking, shuffling, etc) and found refuge in recent re-attainment of state of `static'. It was suddenly obvious why `relaxation' works and is so popular (numerous books, anti-stress practices of yoga, tai chi, etc). They all take individual towards static and away from `motion' /physical universe. Then the dichotomy (a crashing misunderstood word only months ago) of static/motion became obvious. Then later, in afternoon, more fell into place. Realised it was state of Clear on 6th dynamic/MEST (Matter, Energy, Space, Time). Then realised ability to have or not have MEST will. Then a major goal fell into place. That would be OT on 6th dynamic, obviously. That blew earlier invalidation from a Sea Org member who said someone who moved objects/mest was not `real' OT. He said scn staff members were `real' OTs. He died of skin cancer while I was still on staff. Anyway, now I see we were both right. `His' OT was one on third dynamic (group/s), mine was one on sixth dynamic. We were unable to differentiate this at the time. Also, I was in `tech' and he was `admin'.*

That's all for now. We've just purchased another home unit so we have to pack/move etc.

Wednesday 13 May 1998

R *- What a nightmare!* ***T*** *& I began ferrying stuff (in suitcases from old unit to car then to new unit) on Friday after work through to Sunday, then two truckloads (washer, fridge, beds, home gymn, etc). Now there's cleaning of old unit and set-up in new unit. Computer up & running now, hence this entry. Thank Ron for all those CCHs! But it didn't stop me being heavily affected by `dust allergy'. (How embarrassing after recent progress, cognitions etc). Anyway, that's why no diary entries since Friday. Did have a few ongoing realisations, though, eg `Lost In Space' is showing currently. Realised we (humans) are lost in MEST until regain state of `static'.*

T *- Two cold sores appeared on my lips this morning. After tolerating throbbing pain for the day* ***R*** *suggested a Touch Assist. I have not learnt this skill yet so* ***R*** *performed it on me. After commencing this assist* ***I reached a point where I realised that the ailment wasn't very important****.*

Thursday 14 May 1998

T - I had a great cognition today*. My cold sores are a restimulation of an event last year when I*

was waiting for an elevator to see my GP. I accidentally hit my lip with an umbrella and the lip blew up. Today I went to the same building for another appointment, hence the re-stimulation.

Friday 15 May 1998

***T** - Today was the first time I was able to work out the Minesweeper game on Windows 3.1. I have made many attempts and although this win is small, It was important to acknowledge it as **a win against mest**.*

Saturday 16 May 1998

Process 3.7 Holding Corners

Do this while sitting in a chair.Close your eyes.Put your attention on the two upper back corners of the room.Keep your attention there ignoring all distractions as in the confronting drill given above.

Once you can sit there comfortably for a few minutes, then open your eyes and look around and notice things that seem real to you. Then close your eyes again and repeat this drill putting your attention on all four back corners of the room simultaneously.

Again look around and notice things that seem real to you. Then do this with all eight corners of the room. If it seems like too much, do six first and then eight. You want to reach the point where you can sit there comfortably holding eight points. End off by looking around and noticing things that seem real to you

***R** - There's still heaps of stuff to be put away, but no rush now. Previous unit cleaned ready for renting. So made time for this next process. Sat next to **T** and began it despite a headache. Both fell asleep briefly during process but continued on. Process actually helped my headache. **As I held 8 corners of room my viewpoint flipped from being inside the room to being outside.** This made me aware headache was probably due to an unacknowledged exteriorisation. Yawned a lot which reduced headache and ended on that win.*

***T** - I felt a little sleepy performing this process with four corners. When we started holding eight corners it was a lot easier as there were less distractions.*

Sunday 17 May 1998

***R** - Always like to have alternative processes to be going on with when **T** is away, so if there are no entries for some days then I'm usually doing other related **self-clearing** stuff. Without going into what this other stuff is, it's important to note it is run to excellent results in the style of this **Self Clearing** book, i.e. no meter, writing down all answers to processing question, continuing process to a good result.*

Wednesday 20 May 1998

***T - Early this morning I had a strong psychic experience**. I knew that a news item was going to be shown five minutes before it was. **R** and I had a psychic experience last month when we entered a shopping centre raffle and we knew our ticket number would be called before it was. **Any psychic ability I have has been heightened since beginning the Self Clearing course**.*

Saturday 23 May 1998

Process 3.8 Other People

Now go outside to a crowded place. Do this in daylight on a nice day if possible. If you are away from civilization, then do the best you can, making do if necessary with a place that has many lifeforms.Each step is done many times until you feel good about it before going on to the next one.

Notice individual people. For each one, simply look at them and decide that you are willing for them to be as they are. Put aside all ideas and considerations and simply accept what people are being.

Next, spot individuals and decide that deep down they like you no matter what they are projecting on the surface. And decide that deep down, you like them no matter what the surface manifestations are. Do this irrationally and with total disregard for logic. Do it simply by decision and intention ignoring any surface reasons why it could not be true.

Next, spot individuals and see them as godlike infinite spirits and view their bodies, attitudes, and manifestations as transient projections which they are putting there temporarily.Now spot individuals and mentally acknowledge them for being there.

Continue this until you feel really good about people and can accept them as they are.

*We read instructions for this process (it's in 4 parts) so as to do it tomorrow when we will be at a crowded place (swimming pool). Meanwhile decided to begin **Chapter 4**.*

Sunday 24 May 1998

***R** - In fact swimming pool wasn't crowded but we did begin process insofar as discussing why we couldn't (per part 1 of process) just `accept' people. So we got some considerations off and decided to do process later in the week at a crowded place.*

Tuesday 26 May 1998

***R** - While at crowded shopping centre today continued **3.8 (1st part) accepting people** with **T**. Not easy when one's normal thoughts are `Gee, what a fat/ugly/stupid person', or `How gross, a baby on the hip, mother smoking a cigarette', or `How do they manage to keep food in their mouth if it's always open?', and such. Had **couple of realisations**, such as one has to be able to accept/not accept anything to be cause over it. **T** had trouble with this process (stopped doing it and left the area) which I hope she will relate when ready. I think we have much to gain from continuing **3.8** at convenient times, but meanwhile will continue with **Chapter 4**.*

***T** - This process was very hard to do. I do not accept people very easily and prefer dealing with animals. While we were in the post office I was able to accept another lady opposite from me as she was being delayed as well. Apart from that it was pretty much dislike of most people due to their habits, mode of dress, disregard of the rules.*

***R** - Okay, we'll persevere with this process at appropriate times, but meanwhile we've begun the next chapter.*

Summary

***R** - So many gains resulting from the **Self Clearing Book**. Here are some things we appreciate:*

***1. Self Clearing is free**. Since starting it we've purchased our second home unit. The new mortgage is no problem and we can rent out the first unit which is now paid off. We have no other debts.*
***2. Self Clearing works.** We've found these processes equally effective for both a `beginner' and someone `advanced' seeking self improvement.*
***3. Purpose**. Maintaining this `diary' keeps us committed and on track. We definitely agree with the Pilot on keeping a written record of results.*
***4. Achievement**. We believe in keeping up with current earth technology such as computers and the internet. So typing, editing, uploading this diary to the net, etc, helps us with that.*
***5. Progress**. Considering we often thought we'd never get through Chapter 1, we've done well to complete up to Chapter 3. You just keep taking the next step.*
***6. Solo.** You don't HAVE to be trained for years to get yourself and/or others through this book. The Pilot has already done that and you just have to follow the book, chapter by chapter. The hardest thing for me is getting **T** to do the next process and keep moving. I already KNOW this stuff works to make life better and better. She doesn't (yet).*

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Self Clearing Diary

Chapter Four

'Subjective Processes'

If we inspire others to do clearing work then we have achieved our aim

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Up to this point, we have mainly worked with techniques that kept your attention focused externally. Even when dealing with "subjective" things such as emotions, we have used the trick of projecting them into external objects.

There is also a need to deal with subjective things directly. However, this tends to place one's attention inward instead of outward. This presents no problem when working with a skilled practitioner. But you need to be aware of some things to do this with benefit on a solo basis. First and foremost, it does you no good to get into a big figure figure and head scratching. You must emphasize things that you are positive of and state obvious answers because it builds up a forward momentum and a degree of certainty which will carry you over the rough spots.

Let's use an innocuous process as an example. The process command will be "think of a fruit". Now you write down the answers so as to get this outside of you rather than becoming too interiorized. You think for a moment and come up with an obvious answer such as "an apple" and write it down. You think a bit more and suddenly you can think of lots of them and it comes easily and you feel good about thinking of fruits and you have mastered the area and you are done.

Of course this is an example without any mental charge on it, so that it is immediately mastered. If there were mental charge, then there would be some difficulty and resistance to doing the command at least for the first few times, and you must learn to persist through this because the charge and mental barriers dissolve as you keep pushing forward.

But you can derail yourself by going off into a long figure figure about something that doesn't even answer the question. You start wondering if a rhubarb is a fruit or a vegetable. Then you ask yourself if you like rhubarb pie and are unsure of that. Then you start thinking about baking pies in general. And soon you are way off of the question. And if the question does have some mental "charge" on it, there is a tendency to bounce off of it and think about something else rather than pushing through the charge.

When running a process, you must concentrate on saying "It is a ..." rather than musing too long on "What is it?". For convince, we abbreviate these to ITSA (it is a) and WHATSIT. You must always maintain more ITSA than WHATSIT when running a process, otherwise you can get buried under too much uncertainty. Rather than swimming around in the uncertainty of the things you don't know, you build up an expanding base of what you can confront and are certain of.

The processing question itself already introduces one uncertainty. You can add a bit more, but not too much. You could wonder briefly whether a rhubarb is a fruit (WHATSIT?). But then you'd better decide one way or the other or simply decide that you don't know and might look it up later if you feel like it. Simply knowing for certain that you don't know is enough of a positive statement to keep you moving forward.

Occasionally you find out later that you were wrong (you decided that a rhubarb really was a fruit and its not), but if you build up a great deal of rightness, you can tolerate the occasional mistake. The idea is not to struggle for absolute truth and perfection but simply to build better and better bases to stand on as you climb upwards.

Now simply for practice, take out your notebook and run "think of a fruit" on yourself, writing down the answers. This will probably not produce any great revelation or new awareness, but it will give you a little practice before doing a real process. Continue until you feel good about doing it.

The Pilot's Self Clearing book - Chapter 4

Saturday 23/5/98

Now let's try a real process.

4.1a) Think of something you wouldn't mind remembering.
4.1b) Think of something you wouldn't mind forgetting.

These commands are alternated. Write them at the top of a page in your notebook along with the numbers (so that you can find where you got them from if you look back later). Then just right A) or B) on the page when you ask yourself the question and put down a brief summary of the answer.

At first the answers might be hard to find and take a long time. Then maybe you have a couple of easy answers as you get the idea of how to do the process. But then it gets hard again as you run out of easy answers and need to look more deeply. You push at it a bit harder and suddenly something gives way and you feel that you have had an improvement in your memory or you realize something about why you tend to forget things. This is the point to stop at.

R *- Brilliant! Having `tried' this process some years ago (and not taking it to a win believing meter, auditor, etc, were needed) began doing it myself while helping* ***T*** *to do it also. Finally got* ***T*** *started on the most successful practice I've ever come across in self-clearing work. I had stumbled on it many years ago and have used it successfully ever since. As the Pilot describes in the introduction to this chapter -* ***Now you write down the answers so as to get this outside of you rather than becoming too interiorized.'***

Literally EVERY process run using this technique has resulted in EP (end phenomena) for me. Admittedly I could be considered to be at an advanced level now where I can handle whatever comes up and therefore make gains from almost anything run. However I stumbled onto the method and `went track' with resultant gains after only a year or so into scn, long before attaining the state of `Clear'.

Anyway, ***T*** *and I did process* ***4.1*** *to a `flat' point deciding to continue it at a later time. Personally I'm*

overjoyed to even have a crack at this one as I've had a `memory problem' for many, many years (especially with names, phone numbers, etc), despite being able to recall `past lives' and incidents easily.

***T** - During the introduction to this chapter I had a win in that there are four necessary items involved in an EP. I did not realise there had to be all four. I commenced the process and listed more items than I thought I was able to. Some even had the same theme (eg wouldn't mind forgetting being hit and seeing my brother being hit by the same person). I feel that I have a pretty good memory (sometimes too good) and I tended to place more emphasis on things which I would prefer to forget.*

Sunday 24/5/98

***T** - **R** and I had had a bit of difficulty with our comm line and I felt upset. This was due to me being obsessed over a rash that I had picked up on the back of my legs. We did the **Corrections List** and I felt better. I realised that I have a permanent ARCX with no affinity about myself due to self-invalidation. This is brought on when things are physically not perfect. One of my resolutions this year is to not give myself a hard time, and I again decided to follow this through.*

***R** - Yes, noticed **T** not gung ho about continuing **4.1 Remembering and Forgetting** so decided to use **Correction List (Appendix B)** again. Mainly letting her `itsa' to each pertinent question till she was laughing and cheerful again. Earlier I sat down and wrote more answers to **4.1**, but feel it's not complete though some long-forgotten memories are coming up meanwhile.*

Thursday 28/5/98

***T** - Continued Rembering and Forgetting process. **After coming up with a few more items that I would like to remember and forget, I was able to get the EP.** I don't want to forget these things, I just want the charge removed. I have lots of havingness, even on negative items. The remembering things aren't important. If they were important I'd remember them. I've been having trouble this week whilst I have had a week off work. I have been grieving over my father's recent death and been generally upset with life. I've been giving **R** a hard time.*

***R** - Still going on the process, doing about an hour or so.*

Sunday 31/5/98

***R** - Phew, finally finished **4.1 Remembering and Forgetting**. Took 8 pages of answers to get THE answer, which for me came from a life as a yogi in India. When I first recalled this past life it blew a psychosomatic condition which doctors call non specific urethritis and soldiers call clap. On this process I recalled that my guru discouraged remembering, rewarding me for forgetting (with admiration and attention), the idea being to create a blank state of mind. Since then when I want/need to remember I run smack into those counter postulates, which were super `survival' at that time. It certainly accounts for my chronic `memory problem' to date, not to mention fascination with India, yoga, etc. Also, having confronted this `impairment' to my memory there is greater appreciation for **T**'s memory. She's won numerous competitions (including an overseas trip) as a result of her knowledge of `trivia'. In fact, a powerful memory is recognised as a `sidhi' or advanced yoga skill, and as one of man's `superpowers' by Ingo Swann. Despite these wins I know there's something deeper and this is only a key-out.*

Thursday 4/6/98

Process 4.2 Agree and Disagree

You need to be free to choose what you want to agree and disagree with and you need the freedom to change your mind.

4.2a) Find something you disagree with
4.2b) Find something you agree with

R *- Doing other clearing processing on `off' days which I won't go into because it's not covered in Pilot's Self Clearing. The point is, though, that it is generally believed clearing processes can only be done with the help of a trained practitioner using an electronic device (e-meter). Perhaps as a result of giving and receiving much formal clearing for some years I can now `go it alone' confidently. However, as mentioned in an earlier chapter of this diary, I discovered processes could be run on oneself successfully with only basic knowledge (as covered in the Self Clearing book) by simply* ***writing down*** *one's answers to the processing question and continuing to a good point (win).*

Furthermore, although in the middle of the above mentioned `other' processing I sat down with* ***T*** *and did* ***4.2 Agree and Disagree****. We* ***wrote down*** *our answers to `Find something you disagree with' and `Find something you agree with'. Started at 8.40pm. Had some discussion during process to help clarify some things that came up for ***T****, then continued to 9pm when I completed the process - had realisations such as I (and therefore everyone else) have agreements and disagreements (yes, that's at the same time!) with almost everything. For example, I agree with President Clinton (he looks nice, speaks well, etc) but I disagree with his personal moral behaviour. Anyway, as a result of this process I now have the freedom of choice to be able to agree or disagree about something/anything. Not only that, but I can agree/disagree with something/someone at the same time. Furthermore, I now have the freedom to change my mind about something/anything as I choose. Result? Increased personal freedom. Nice one. Thanks Pilot. Of course because* ***T*** *hasn't completed the process yet I didn't discuss my results with her.*

T *- I came up with a long list of items with which I agree and disagree. We did not complete the process.*

Friday 5 /6/98

T *- I continued with listing items with which I agree and disagree. An ARCX arose as I disagree with what I see in the mirror (the body doesn't belong to the mind). I initially thought this was due to no affinity but I came up with enforced reality. Currently I lack the ability to go earlier/similar past this lifetime. We left the process here with* ***R*** *indicating that he would run the* ***Correction List*** *on the next occasion.*

Sunday 7/6/98

R *- Worked through Correction List discussing relevant items until* ***T*** *said she was ready to continue* ***4.2****.*

T *- We went through the* ***Correction List*** *and stopped at number 13, "Trying to process over out-rudiments." I mentioned a present time problem which has become worse recently and that is a ringing in the left ear, which I usually experience at night. I am now experiencing this during the day. We did not*

continue with the Agree/Disagree process at this stage.

Monday 8/6/98

***R -** (Waiting for **T** to complete **4.2 Agree and Disagree**.)*

***T -** I listed another 54 items with which I agree and disagree and I feel ready for the next process.*

Wednesday 10/6/98

T -** Work has been difficult since the long weekend. I'm lacking control. I began the Importances process.* ***I came up with a win on money. *To me it's important for survival and as a means to an end, however it is only paper, it's wasted on gambling and buying junk and we give it away to charity. I noticed I listed the more important items first (eg survival, food) and the less important items came later (eg being informed of world news).*

Thursday 11/6/98

You need to be able to assign greater or lesser importances to things. This is your free choice and you can change your mind.

4.3a) Decide that something is important
4.3b) Decide that something is unimportant

***R -** Did about 6 pages of answers on process **4.3 Importances** until acknowledged it was well and truly `overrun'. Like, there were realisations all the way through it, and I could have just kept going. (Then a couple of days later I `forgot' I'd done it and was about to do it again and said to **T** `Well, I''ll do this process anyway although I've got no problem at all assigning importances to things'. So obviously I had gotten, or rehabilitated, the required result.*

Friday 12/6/98

***R -** Decided to do more process **1.3 Applying the Attention Process to the body** (I think of it as OT touch assist) for chronic stomach problems, mainly `reflux', biliousness, etc. occurring nearly every night for last month or so. Pushed through dope off/sleepiness a few times because really needed relief and then suddenly started to feel body organs as energy bodies. This was a big, big, big, unexpected breakthrough. Realised this was `psychic healing/psychic surgery' level. (This was what I expected when I first got involved with Scn, so very ironic it results from Free Zone activity. So this process really is an OT touch assist now). The result? Nothing `wrong' with my stomach in the first place. Realised I'd been eating too much, force-feeding to aid body-building lifestyle (includes 60 sit-ups daily which was `shrinking' stomach). Stopped over-eating and `stomach problem' cleared up within 24 hours.*

(Update 17/6/98 - no stomach problems since)

Saturday 13/6/98

Process 4.4 Affinity

4.4a) Think of something that you might like
4.4b) Think of something that another or others might like

***R** - Reached result in 5 minutes of beginning process. Realised had much more in common with other people than previously believed - more affinity. Then understood that because of early this lifetime invalidation (mainly from parents) I'd decided I was different to others, and this put me out of ARC (Affinity, Reality, Communication) with others (mankind).*

T** - I made a long list of what I might like (ie what I have not yet experienced) and what others might like. I came up with others might like to queue on the train platform for a seat. I don't like diong this as I feel it's a waste of energy as everyone gets a seat, but I can see how it's all some people have to enjoy so they're manic about it. **My cognition is that I can see how although I do not have affinity for some things that others do and vice versa.

Sunday 14/6/98

Process 4.5 Thought

Just find something to think about each of these things in rotation. It doesn't have to be right or wrong or important or trivial or anything else. Just have a thought about each thing in turn on a causative basis. The emphasis is simply on affirming that you are in control of what you think about

4.5a) Think about matter
4.5b) Think about energy
4.5c) Think about space
4.5d) Think about time

***R** - After much clearing experience there tends to occur realisations about anything one's attention is directed to, and with this current **Self Clearing** book there is continually increasing understanding of where one is headed with any process. So cognitions occurred with each command (`Think about matter', `Think about energy', Think about space', `Think about time') until the realisation occurred that there was so much control over thought my chosen thoughts were actually anchored in the theta (thought) universe, and that my cognitions were the result of observing what then occurred, e.g. extraneous thoughts blowing off, related thoughts coming into alignment, etc, with any such `anchored' thought.*

T** - I found this process a challenge as I did not know what I should get out of it. I realised that MEST is in everything on a very basic molecular scale. I believe too much emphasis is placed on MEST (eg personal belongings, stress, high ceilings, being early for appointments). **This cognition was reached by control over my thoughts.

Summary

***R** - Phew, another chapter completed. I really hope our efforts inspire others to commit to the Pilot's gift to us all. I have now noticed others posting their **Self Clearing** results on the internet and that is really*

gratifying. Here are some things that come to mind at this point.

** The importance of **writing down** one's answers to processing questions while self clearing or solo auditing cannot be overemphasised.*
** Time spent doing **any** valid processing is quality time and must be given priority over watching TV, gossiping, net surfing, etc, but it's okay to enjoy time-out after any wins and/or gains.*
** Don't overlook physical causes of problems - don't assume everything requires a `processing' solution.*
** Keep basics in - food, sleep, vitamins, no drugs, don't drink too much alcohol, regular exercise.*

On a philosophical note...

***R** - Physical death occurs to all of us. Those who take this fact lying down (excuse the pun) are already dead - spiritually dead, that is. They cannot recall previous lifetimes, therefore they expect no future lifetime, therefore there is only this lifetime for them. It's one of the saddest, sickest jokes man plays on himself. I've known for 20 years now that processing such as that found in **Self Clearing** is a valid solution for this dilemma. One can awaken to one's true spiritual condition and then work to improve it. Each self clearing process is a step on that path.*

*Meanwhile, **T** does not yet have this knowledge, only some `theory' and my wild raves, so although she is making progress she is doing it tough. It is not at all wine and roses for us as I have to maintain the pressure to keep us moving when things seem hopeless for her. There are things she wants resolved, long-term chronic conditions etc, that (obviously to me) stem from earlier lifetimes or other spiritual causes. So I encourage her - well, okay, insist - that she keep going until she does reach a point where such things can be reached. Fortunately **Chapter 6 - Confronting The Past** is coming up and I am expecting her to have some serious, but well- deserved, results. And **Chapter 5 - Study** shouldn't take long as we've worked on study areas previously and **T** has had major wins on clearing words, etc.*

A Bonus

*Finally, I've discovered a remarkably increased ability to do **self processing** and get results. After years of giving and receiving processing using an electronic device I believed it was impossible to successfully do clearing without one. After a few chapters of the Pilot's **Self Clearing book** I have also now had excellent results doing extremely high level processes which are available on the internet. These processes traditionally require highly trained practitioners, expensive e-meters, and cost many thousands of dollars at certain organisations.*

*Many (as I did) pay the price of financial ruin, which in turn affects the rest of one's life. Having been there and done that I see The Pilot's free **Self Clearing book** as a genuine attempt to help the majority of people toward enlightenment, spiritual advancement and freedom.*

(End Self Clearing Diary Ch 4)

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Self Clearing Diary

Chapter *Five*

'Study'

If we inspire others to do clearing work then we have achieved our aim

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Studying this book does, of course, require that you have some ability to study and learn things. If your abilities in this area can be improved, then you will have an easier time of it.

Self Clearing Book - *Chapter 5*

5.1 Misunderstood Words

If you are confused about what the words mean, then you will get confused about what is being said and have trouble understanding it. This is very simple.So get some good dictionaries and learn to use them if you haven't already done so. You don't have to get fanatical about this. It is possible to get words from context. Also, a chapter explaining some new concept is itself a definition. But the first thing to do if you get confused is to look back and see if you misunderstood a word just before the confusion started.

Also, misunderstanding words can leave one feeling foggy and tired. If you suddenly start feeling this way without cause, then your first action should again be to check for misunderstoods.

Note that misunderstood words are not the only reason for tiredness or confusion. But they are very easy to check for and handle, so this is your first action when you have difficulty.

Confusion generally comes from a misunderstood word rather than simply not understanding a word. As long as you can keep track of a word that you don't understand, you can read past it for an explanation or to see the context better without a great deal of confusion. It is when you assign an inappropriate meaning (perhaps due to knowing a different meaning for the word) that you really get into trouble.

It is also possible to have a misunderstood symbol, thinking that it means one thing when it means another. You can even have a misunderstood object, thinking that it is one thing when it is another. This usually is due to trickery or practical jokes, but it can sometimes happen when going into a very unfamiliar environment.

Saturday 20/6/98

R - *The Pilot is SO right! I had a pupil once who was a complete failure at arithmetic until we cleared up*

a misunderstood symbol. He believed equal (=) meant minus (-) There is only one process for this chapter but the theory is so important I cannot emphasise it enough. I believe more should be done with it. ***T*** *has learned the importance of being able to study. She said she thinks* ***Study*** *should be chapter 1 of the Self Clearing book.*

However, I AM fanatical about clearing words. I'm not satisfied until I understand the derivation of a word and I encourage ***T*** *to do the same. One of the most rewarding results I've had was when* ***T*** *said she suddenly realised that the word* ***hermaphrodite*** *must come from the combination of* ***Hermes*** *and* ***Aphrodite*** *and must be the result of their union. I already knew this but she was thrilled to confirm her knowingness in a dictionary. When you get to a level of KNOWINGNESS on the SOURCE of words then you know you're tapping into real wisdom.*

(R *- UPDATE JAN 20001 - A free study course can be downloaded from freezoneamerica and I would recommend its inclusion in any self clearing project, the sooner the better, if one hasn't already gained such skills as detecting and clearing misunderstood words on self and others.)*

R *- I had taken literacy for granted, stydying French and Latin at school, being `good at' English and English Literature, enjoying reading from an early age (from Chicken Little through to Superman comics, Lord of the Rings, ghost stories, horror, science fiction, etc). In English Lit my first poem (about Madame Guillotine and the French Revolution - years later I discovered I'd been a fencing teacher at that time) so impressed the teacher he put it in the school magazine. So I didn't understand why others had problems with the English language.*

After much clearing and word clearing and studying about study I discovered my ability with English and poetry came from earlier English-speaking lifetimes. Just recently I cleared up a confusion about the use of the apostrophe that stemmed directly from such an earlier lifetime. In this life I had always assumed that it was correct to write `Every dog has it's day'. I assumed the apostrophe in* ***it's*** *indicated possession. If `dog's day' was correct, then `it's day' must be correct also. Seemed obvious to me. In fact,I have since discovered many people believe this to be correct, for the same reason.

Then one fine day I showed someone an amusing limerick I'd written (a talent from an earlier lifetime). Instead of being impressed with my wit and ability this person actually had the gall to point out I'd used an apostrophe incorrectly! How rude, I thought, and immediately rushed to get a dictionary to prove how wrong they must be. How could I possibly be wrong about something so common in the English language, ***my*** *language!*

Incredibly the dictionary revealed ***I was wrong****, and she was right. Unbelievable! But the story doesn't end there. That should have cleared up my confusion with the apostrophe. It was clear enough in the dictionary. But it didn't. I kept on wanting to put in the apostrophe to indicate possession! This problem continued for* ***some years*** *until I got fed up and decided to clear it up once and for all. You know, maybe the dictionary had it wrong. There had to be some reason why I couldn't accept the correct usage. So I looked in another dictionary, then another, and another. They all agreed. Then I started to realise what might be happening and found a much bigger, older dictionary. And there it was in the Webster's (which we have on disk - that's how important word clearing is to us):*

> ***its (its) - pronoun - that or those belonging to it***
> ***possessive pronominal adj. - of, belonging to, or done by it***

Etymology [Early ModE analogical formation derived from it + s; written it's until early 19th c.: the ME & OE form was his]

Now I knew why I'd felt I ***wasn't wrong*** *using it that way.* ***It wasn't wrong then but it is now!*** *I had finally found my explanation. Since then I've had no further problem using the apostrophe in the current fashion of this lifetime.*

The `apostrophe' is actually the latest in a long line of misunderstood words/symbols I have had to clarify (since beginning clearing work) which stem from ***before*** *this current lifetime. These surfaced during routine metered word clearing in the CoS, after heaps of this lifetime word clearing. I simply mention the phenomenon in order to highlight the* ***importance*** *of understanding and clarifying words AND symbols. Dealing with my misunderstood words to such a degree has been integral to my gains in clearing and to helping others.*

Fully understanding the meanings of words, `word clearing', eventually takes one to states of `super literacy'. One is even able to detect another person's misunderstood words in their speech, or writing, which is very useful when teaching children, foreign students, etc. And the more one understands, the more one is able to understand, ad infinitum.

So I believe a Self Clearer cannot do too much as far as word clearing is concerned. However, it is something one cannot be pushed into, only encouraged. And if a Self Clearer has progressed this far into the Pilot's book then the words have not been too great a barrier. Perhaps the Pilot will add more to this section in a future revision. Much may depend on the feedback from people like ourselves.

(Here is what T has to say on this chapter)

T *- The following are some comments on this chapter. I suggest that the study chapter become the first chapter of the book. In most Hubbard books the preface is devoted to not going past a misunderstood word.*

5.1 Misunderstood Words*. I have had many wins with clearing misunderstood words (including "win", "condition" and clearing the subject of religion). My late father postulated that using a dictionary to complete crosswords was "cheating". My study of word clearing has led me to believe the opposite, ie winning.*

R *- It's true that an earlier similar misunderstood subject will prevent someone succeeding with a current subject. Fortunately we were able to discover that* ***T****'s problem in her first year of doing self clearing was NOT the self clearing. I was able to locate her earlier similar misunderstood subject - RELIGION. She had been raised a Catholic. When I got her to write down her misunderstood words to do with the subject of* ***Religion*** *she produced about 50 words. It took two days to clear them all up in dictionaries, including other related misunderstood words, etc. When this was done she seemed like a new person and was magically able to understand concepts in clearing that she wasn't able to previously and was now interested in it.*

5.2 Seeing how things fit together

It is not enough just to know the words, you also have to grasp the concepts being presented and see

how things fit together. This requires considering things, trying them out, playing around with the ideas and so forth. You really do have to think about things, examining the implications and considering what they might mean in practice. Often this can be done in one's imagination, but sometimes you need something more to grab hold of. This can be done by using objects or clay to represent things, even going so far as to put labels on things and move them around until you can see how things fit together visually.

The best way to teach a child fractions, for example, is to actually take something like a paper plate and cut it into fractions and visibly show the principles involved in trying to add thirds and quarters and so on. Or you can work things out by drawing diagrams. The basic idea is that if it is too much to grasp by mental means alone, then use the physical universe as an aid.

***T** - I have had a little bit of experience with demo kits from **R**. I find these useful albeit time consuming.*

5.3 Going too fast

You can push yourself too fast, skimming over too many new concepts without working them over adequately. This leaves one feeling like one is spinning. Its just having too much on one's plate without an adequate base to stand on.

The solution is to back up and work over the things that you glossed over until you feel more comfortable. Aside from this, there is no speed limit. Move forward as fast as you can comfortably do so. Just don't put yourself into a tailspin.

***T** - My unwritten rule is to take my time (slow and steady wins the race). Although **R** and I don't do self-clearing every day, we are making inroads with what we are doing.*

5.4 Interest

It is always easier to study something that you like and are interested in. One of the most important things in teaching school children is generating some interest in the subject being taught. This is often already present for an adult who is studying something by free choice.

But sometimes one must work through an uninteresting thing as a pre-requisite to something that one is desirous of learning. In that case, one should try to find something that one could like about the thing being studied. And of course your determination to learn something is a great asset.

***T** - I find studying interesting subjects easier than ones I'm not interested in (eg chemistry). This is the same for the processes in this course. I would rather write down thoughts during a process than stare at walls.*

5.6 Evaluation and Judgment

All things are not of equal value or importance. Try to distinguish which points are more important than others. This does take judgment. But you develop judgment by evaluating things and trying out your evaluations. It is an ongoing process. You learn to judge things by judging them and then observing the results and correcting your judgment in a sort of feedback effect.

T - I am constantly trying to distinguish important things from unimportant things in daily life eg physical appearance(no) regular meals (yes) etc.

5.8 Broadening Your Viewpoint

It is not enough to simply follow in one person's footsteps. You need to see a field from many angles. The more data and viewpoints that you can acquire, the broader your own perceptions will become.

To learn a subject well, study many books and consider the work of many different authors. Don't be afraid of volume or quantity. The more you read, the faster you will be able to read. The more you know, the faster you will acquire new knowledge because you have more to relate it to.

***T - R** has taught me to be broadminded and to not view things in black and white. I agree with "The more you read, the faster you will be able to read." Recently I have completed books within a short span of time.*

5.10 Frames of Reference

Not only are evaluations relative within a sliding scale, but the scales themselves exist within a specific context or frame of reference. If you are evaluating oranges based on their relative juiciness, you will get an inappropriate answer when you try to fit an apple onto the same scale. For this, you can think of various scales as individual lines which are not exactly parallel to each other. Something may be very high on one line but low on another.

Or think of something operating within its proper sphere but not being quite right when it is taken into a different realm. A good example is Newtonian mechanics which works in the everyday world but is only a special case within Einsteinian relativity. So an appropriate evaluation of something not only includes its degree of relative truth but also its sphere of operation. For example, the law of gravity is not very useful in free fall.

***T** - I have a good understanding now of gradient scales, and not thinking in terms of absolutes. There are differing levels of good, bad etc.*

5.11 Detecting False Data

Everything written isn't true and most truths are relative ones rather than absolutes. This is very difficult to judge in a field that you are not yet an expert in. And even the experts get fooled sometimes. And in this area, the field has been trapped, because people often want to fool each other, either for gain or simply for fun. This makes detecting false data into an entire subject all by itself and we will leave it for a later chapter.

T - *I have found this easier to do over the years as I have discovered the media's methods of lying and/or stretching the truth.*

Sunday 21/06/98

5.13 A Finishing Touch

This is a simple process

a) think of a time that you enjoyed learning something
b) think of a time that another or others enjoyed learning something
c) think of a time when you taught somebody something successfully

T *- (a) I remembered spending two days clearing religious terms, which I enjoyed.* ***R*** *told me it was a remedy to remove a block against learning clearing (earlier similar misunderstood subject). As this was the only thing I could think of,* ***R*** *brought my attention to Stuck in a Win, which I looked up in the Tech Dictionary. As the clearing of the subject of religion was an unexpected win, I felt stuck in this, not able to win on other aspects of learning. I find learning anything (how to drive, use applicances etc) a very frustrating experience. I hate to feel dumb and uninformed.*

(b) I thought of a time when another or others enjoyed learning something. ***R*** *learnt to play the keyboards. I wasn't very interested in learning how to play (I didn't think I could) but I saw the wins* ***R*** *was achieving and thought `why not'. His postulate in this instance rubbed off on me.*

(c) Initially I thought of things others have taught me (my grandmother taught me how to plait, my brother taught me how to kick a football). I have taught people successfully at work via the buddy process ie having someone watch what I do and answering questions that may arise. Once I taught my mother how to program a video recorder. I know that it's not something that she has been able to confront on her own since so I wouldn't class this as successful. My most successful "teaching" was when I was able to teach our family budgie how to say "dish", as other family members weren't interested in having him communicate. This bird invested a lot of trust in me and he was easy to deal with.

R *- I recalled three particular examples of successfully helping others:*

1*. Working with a group using the above study methods - I helped a boy whom I was told was unable to do long division. His confidence and self-esteem was so low he could only say yes or no at first. His father thought he was retarded and kept apologising for him. In the first lesson I applied gradient scale theory tracing his inability back through simple division, multiplication, subtraction, right back to simple addition. On paper he was actually unable to comprehend the simple addition 5 + 7 = 12. So using objects on the table I got him to actually count the results after adding a small number of objects to another small group and get right answers. At this point I realised where the problem must be. I asked him what the equal sign (=) meant. He said `take away'. I said, `But this symbol is two lines whereas take away is only one line.' He said `Take away twice?'. Unfortunately I didn't see him again but I have no doubt we had isolated and clarified a misunderstood symbol that was crashing the entire subject for him.*

2*. Teachers had given up on a 13 year old boy and called our group for help. They said he had problems with English essay writing, punctuations and so on. In a school room he was unable to sit down and look at anything I tried to show him. He was literally climbing the walls then began bragging that he knew the alphabet. I thought he was joking but said okay, say it for me. As this big kid (taller than me) ran around the room singing the alphabet I got where he was at. I noticed he stumbled on some letters and got him to sing it a second time I wrote down the 6 letters that he kept stumbling on. When we clarified these misunderstood symbols and the sounds they made (e.g. he didn't know the letter C can make the sounds `s' OR `k') his agitation disappeared and he sat down and became interested in study.*

***3**. `Curing' a boy of dyslexia by clearing his misunderstood words. The first word he gave me was **antidisestablishmentarianism.** I had to first break it down and clear establish, establishment, ism, anti, etc. After clearing up many other words he'd been given in school `spelling tests' his father told me the doctor said his original diagnosis of dyslexia must have been wrong because the boy no longer had the symptoms.*

*The more I learned about the **actual** reasons for learning disabilities (misunderstood words/symbols, too steep a gradient, lack of mass) the more I appreciated what Hubbard has done for mankind in this field. I would also recommend two brilliant books by a psychiatrist - **Why Johny Can't Read** and **Why Johnny Still Can't Read** - to anyone sincerely interested in helping children to study and learn.*

Tuesday 23 June 1998

***R** - Completed process **5.13** today. Again, didn't think there'd be much gain from such a `basic' process because of numerous major study wins over many years. Well, after a page or two of answers I got a first result. Realised my love of learning/knowledge/philosophy (philos + sophia = love of wisdom) was so strong it led me (via Scientology and Applied Scholastics) to the ability to rehabilitate others' abilities to learn/study.*

*So that was quite nice, but that was only a rehab and I wanted more. So continued process until I recovered a (long forgotten) purpose to solve the reason/s why people have `wrong' purposes and `negative' postulates, etc. so that they could be helped. That led to connecting up results of other recent self processing results, which led to more realisations, and finally the solution to my problem, which has been there all along in the clearing tech but not recognised by me. Realised **any** `stuck' energy flows could be freed up by mocking up positive v negative. When saw this remedy I could now make it mine and use it. Also saw my own case had been stuck in `maybe' because of same mechanism of stuck flows, etc. NowI finally have **the ability to free up any stuck flow for self and others.** I now feel more confident about helping others out of fixed, unwanted, human conditions, etc.*

*(Update 20/12/00 - **T** attains the state of **Clear** in chapter 22 - so to be fair I must acknowledge my abilities as a contributing factor towards that result. My belief was/is ANYONE can do it but this diary really shows an OT auditor did it)*

Summary

***R** - Reviewing our results I think we `quickied' this chapter. We didn't cover all sections thoroughly but then I am not new to the subject of **Study** and have long since attained `cause' over the barriers to successful learning. **A MAJOR reason we are doing so well with the Self Clearing is the Hubbard study skills I automatically apply to myself and others. T** has already begun the processes of the next chapter, so this summary will be brief. We are starting to hear great results via the internet from others beginning Self Clearing, and that is exciting.*

*I should mention that **T** now displays noticeable improvements in major areas of life, such as co-operativeness, cheerfulness, general ability, demeanour, attitude, etc. She no longer considers herself to be `The Queen of the one-liners' (referring to her tendency to give short, one-line answers to process questions) as she now churns out pages of answers until she obtains the process results. I'll let the Pilot*

have the last word.

5.14 Afterword

All of this is only a starting point rather than the final word on the subject of study. One of the underlying themes of this entire book is to improve your ability to observe and to understand and to know.

End Chapter 5

Back to Diary Chapter 4 Diary Contents On to Diary Chapter 6

Self Clearing Diary

Chapter *Six*

'Confronting the Past'

Our aim is to inspire others towards enlightenment via self clearing

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Here we are going to be doing some more subjective processes and it seems like an appropriate time to mention some useful rules to follow. Your processing will go much better if you have enough food and rest and can do the processes in a quiet and safe space with no distractions. Avoid running subjective techniques when you are upset or disturbed unless the process is addressed directly to the upset itself. Objective techniques, such as those given in the first few chapters, can be run in all circumstances.

Objective techniques are those which are addressed to perceiving or doing things in the present and they can be very helpful if you are tired or upset. But in those cases, you should use processes that you already know rather than trying to learn a new one while you are in a non-optimum condition. In general you should avoid processing under the influence of drugs or alcohol except for objective techniques which help you pull yourself together. But sometimes you have no choice. Subjective processes will run in the presence of painkillers and other things which keep one's mental state suppressed, but it tends to be slow and the results are shallow. Go ahead and use everything you know to aid your recovery if you should find yourself in the hospital sometime, its just tough rather than impossible or forbidden.

With these cautions in mind, let's do some processing to improve your recall and confront of the past. As traumatic incidents accumulate, one's "life force" or "theta" as it is called in Scientology gradually becomes stuck or encysted in these unpleasant experiences. The best technique for loosening these things up and regaining some horsepower is not to dive in and wrestle with the trauma but instead to recall pleasant times. This pulls you out of the unpleasant stuck portions of your history.

Think of your history as a sort of "time track", A timeline with dates and events on it or a reel of movie film. The unpleasant experiences on it are sticky and accumulate mental charge which traps your attention and horsepower. Eventually the whole thing can go black and occluded because of your resistance to looking at the unpleasant experiences. But there are many good times in between the unpleasant ones. By putting your attention on these, you reduce the blackness and occlusion and draw energy away from the stuck points.

Eventually you will need to clean up the traumatic experiences, but that is better done after raising your horsepower, reducing occlusion, and mastering control of simple recall style techniques. And this recall of pleasant moments is an essential trick for bailing out of a traumatic memory if it is too far over your head. There is a rare chance that a specific question which asks for a pleasure moment will instead stir up a moment of loss. In general we do not back down from such things, but in this special case, we are looking only for pleasure moments.

If this does happen, confront and acknowledge the loss if you can and then immediately and firmly look for a pleasure moment. If it is too heavy or sticky or you cannot find any pleasure moments connected with the specific question, then drop that question and find ANY pleasure moment by whatever means. If even that fails, then do the drill of looking around and noticing things (from chapter 1) until you calm down and feel a little better and then recall a pleasure moment. When you are back on track, skip the question that gave trouble and go on to the next one.

Do not end this process if you run into trouble such as described above. It's like falling off a horse, you must get back on immediately so that you do not develop trouble about shying away. So be sure to recall at least a few good pleasure moments before stopping even for a break. Note that these are repetitive processes. You do the set of commands over and over until you achieve a result.

The Pilot's Self Clearing book - Chapter 6

Monday 22/06/98

Process 6.1 Simple Recall - Affinity

Do the following 3 commands alternately until you feel good. Spot specific times and peoples.

6.1a) Remember a time when somebody liked you
6.1b) Remember a time when you liked somebody
6.1c) Remember a time when two people liked each other

T *- (a) When I ran this process I noticed a pattern of men `desiring' me. Most of these men were unwanted attention givers. This included men actually stalking me on two occasions. This has led to me suppressing my sexuality eg wearing conservative clothes.*

*(b) This was also primarily a list of men I liked, leaning towards desired. Apart from one name on the list (**R**), the people who I have desired have not returned this affection.*

(c) I was able to list couples from school and in work life. Because I have had bad experiences with men liking me and no response from those I liked, this led me to be very bitter towards those who liked each other. My relationship with my best friend broke down because she liked a guy whom she eventually married.

R *- I considered I didn't need to run this process. After all the processing I'd had why would I need such a basic process? But I thought I'd run it anyway. After two full pages of answers I decided the process was flat because it didn't seem to be going anywhere, bit boring, you know. Then I thought `Bugger it, I want a result - these processes are supposed to have a result!' So I ran it a bit more. Then **T** read me her result, and that struck a chord in me. I realised there was something I wasn't confronting. Then I just started writing down all the times my affinity had been suppressed, cut, abused, etc. The incidents just poured out, including a time CoS got me to agree to stop processing people outside the organisation. I was clearing up migraine headaches and things on people and I was told this was `squirrelling' and had to get my ethics in. Ironically some years later CoS released a pack containing heaps of processes and declared*

*we were now allowed, nay, **encouraged**, to process friends, family, etc. outside the organisation. This was real late on the chain of punishments for talking at the table, not being allowed to keep pets, sit next to girls, etc, etc. So this process allowed me to release a heap of hidden emotional upset. Boy, I really needed that, and didn't even know it!*

Friday 26/6/98

6.2 Simple Recall - Agreement

6.2a) Remember a time when somebody agreed with you
6.2b) Remember a time when you agreed with somebody
6.2c) Remember a time when two people agreed with each other

***R** - It may look like I've been bludging this week, but I've actually been doing a process not in the Self Clearing book (unless it IS in the book but not reached yet). Anyway, did **6.2 Agreement** agreement process to a fantastic result after half a page of answers. In aikido we talked about `receiving' an attack and `blending with' or `leading' an opponent. It suddenly became clear to me that this was all about `agreement' on an energy flow level. Here is how I see it now:*

Resisting an opponent's attack would be `disagreeing with it'. This would of course ARC break the opponent making him more upset. Instead, by` agreeing' with the attack (giving way and blending with it) the aikidoka brings the attacker into agreement with the `receiver'. Thus the attacker can be `led' (because of his own agreement with the energy flow) into a position where the attacking energy flow is neutralised and/or led back to the attacker, etc. With practice this `agreement' with an attacker's energy comes so easily and naturally that spectators cannot believe the attacks are `genuine' because they are nullified so effectively, and aikido looks supernatural/impossible. There were other related cognitions such as adding `pain' to aikido technique ARC breaks the opponent (naturally), whereas `aesthetics' is much higher, easily attainable after a few years, and is why martial arts `looks good' when performed by advanced practitioners.

*I continued the process (I was accused by a yoga teacher years ago of having `spiritual greed') until I hit a whole level of **dis**agreements with girls (including mum) this lifetime. I recognised this stemmed from a stuck Enemy condition so I handled hell out of that with the process I mentioned above.*

*This in turn seems to have then affected **T** because she is now suddenly **winning** with doing Ethics Conditions formulas for the first time.*

***T** - I did this process over two days and finished it yesterday. I realised that agreement is taking place constantly (eg one person agreeing to listen while the other agrees to talk). Yesterday I asked a guy I work with if he could smell something foul. Once I had his agreement that he could, there was more reality, where there had once been suspicion and probability. I also thought of a time when our vet called to suggest that our rabbit be put down because it ate snail pellets and was poisoned. I was the one who gave the OK to this action, therefore the agreement went hand in hand with responsibility on my part.*

*I came home after work today very frustrated with the person with whom I share an office. I had to apologise to someone for a mistake that she had made. I commenced listing the overts I have committed against my co-worker and began the Senior Danger Formula on the Third Dynamic. **R** suggested that I*

do this.

Saturday 27/6/98

***T** - I felt I needed to do an ethics handling because of a work related problem. An upset surfaced which was suppressed during the difficulty at work. I also felt bad about committing overts. Later on I decided to write up the duties of my position. **R** told me this sounded like the Power Change condition. I realised my predecessor effectively handled the situation by not getting involved (she has since told me to step back and wait for this poor co-worker to "dig her own grave"). Apart from this I have not changed my predecessor's work systems. I also wrote up the Emergency condition and came to the decision that I must promote myself more, stop helping the down stats and be tougher overall.*

Sunday 28/6/98

***T** - I decided to continue with the ethics conditions. I completed the Normal Operation and Affluence conditions and now feel as though I can handle my work situation. I had not been confronting and the conditions formulas helped me to do that and to formulate positive solutions. This was the first time I was willing to use the ethics conditions.*

Sunday 5/7/98

6.3 Simple Recall - Communication

6.3a) Remember a time when somebody enjoyed talking to you
6.3b) Remember a time when you enjoyed talking to somebody
6.3c) Remember a time when two people enjoyed talking to each other

***T** - I thought of times with obvious affinity in the communication. If I don't enjoy talking to somebody I avoid the communication. I assume this is the same for others. Interruptions happen because people enjoy having their comm heard more than they want to hear someone else's comm.*

Tuesday 7/7/98

***R** - Took a few pages of answers before the process began to bite. Had some generic realisations re communication being related to interest/tone level/purpose etc, and realised I used to prefer to comm to `attractive' people, whereas now it's the comm that's important, not the terminal/body. Quite a few this lifetime incidents came up, but then I went back to entry to this/MEST universe and finally cleared up an ARC break I've had since then. Realised how aberrative ARC has been to me, how I allowed myself to be trapped because of it. Previously I was inverted re ARC and used to look UP to ARC as some sort of ideal thing. Now I finally see I/we have to rise above ARC (`rise above an avid craving for agreement' as LRH put it.)*

6.4 - Understanding

6.4a) Remember a time when you felt that somebody really understood you
6.4b) Remember a time when you felt that you really understood somebody

6.4c) Remember a time when you felt that two people really understood each other

***T** - I only came up with a few items which have happened over the past couple of days. I realised that true understanding is rare because of the inhibitions associated with affinity, reality and communication. An example of this is my boss berating a co-worker yesterday for not acknowledging his communication. The only person who appears to understand me is **R**, due to the training he has received with auditing.*

Thursday 9/7/98

***R** - Had an excellent `spontaneous' realisation as a result of something **T** said yesterday. I had remarked that `wait' was low down on the Know to Mystery scale and I didn't like to be made to wait, and then I mentioned something which had to be done. She simply said `Oh, it can wait' and I suddenly saw the TWO sides of the equation. The effect side is for oneself to be made to `wait' (`Hold the line', `Wait there', etc) . I now saw the causative side (`That task/book/call etc can wait), placing actions etc in `wait' to be done `in the future' and refusing oneself to be put in `wait' (`Very well, I'll return later when he's not busy', etc).*

This expanded to the understanding that even on the causative side, unfinished cycles of action or `wait cycles' nail a being (you/me) down in time and space, because one has to BE there to do the task/s in some FUTURE time.

So this was actually a multiple win because I realised most of my possessions were actually unfinished cycles (unread books, tasks, etc) and simply `wait' cycles. Then I realised this was a totally automatic thing with me and had been since entry into the physical universe. Also that these `wait' cycles were keeping me attached to the physical universe, you know. Like, I need a body to read a book, do a course, write a letter, etc. And of course this is exactly aligns with the Buddhism theme of the practice of `non-attachment' on the way to buddha-hood.

***T** - This morning on the way to work I had a Severe Reality Adjustment (yet another). After worshipping my brother for many many years I realised that he has a suppressive personality and he seems to be always on a downer. I spoke to him yesterday on the phone and realised I didn't need to be as close to him anymore. I couldn't understand why he didn't return my phone calls. Now I don't need to call him in the first place.*

Friday 10/7/98

***R** - Completed **6.4 - Understanding**. Got a life-changing result after only half a page of answers! Was wondering why so many of my chapter 6 answers concerned the opposite sex when suddenly dawned on me I was sitting in a huge chronic ruin on the second dynamic. This completely resolved as I sat there. I actually felt a resurging of life force into demand for improvement in that area of my life and knew I could now be cause over it (after only 40 years or so, this lifetime!).*

*I had only recently discovered that the Awareness Scale could apply to any area of life/existence, and not just one's general progress up `The Bridge'. So this was a dramatic result for my second dynamic. You know, people/my parents look at **T** and say how lucky I am to have such a lovely partner, how I should `be good' to her, etc. If they only knew it was our mutual **ruins** that brought us together in the first place! If they only knew about the visits to doctors, counsellors, therapists, etc before we discovered Self Clearing. LRH was so right about the tone level of society,*

worshipping bodies. Breaking agreement with that level of human existence was not only our first step toward enlightenment, but continues on a daily basis as we remain in close contact with it. Self Clearing is now my solution to life. Daily processing keeps my head above the murky waters of `life' as we know it here.

Monday 13/7/98

6.5 Simple Recall - Senses

Do the following 5 commands alternately until you feel good. Spot specific times and try to re-experience the desirable perception.

6.5a) Remember at time when you saw something beautiful
6.5b) Remember at time when you heard something you enjoyed
6.5c) Remember at time when you tasted something you liked
6.5d) Remember at time when you smelled something good
6.5e) Remember at time when you felt something nice

***R** - Probably over-ran this process to hell (15 pages of answers), but no adverse reactions. Unearthed a hidden lifetime as a gypsy girl (Cher's song Gypsies, Tramps and Thieves captures the flavour nicely) which explains a few more things about my outlook on life. Anyway, did notice my recall changing as a result of the process. Usually any recall/memory is a mixture of senses. On this I experienced recalling sound separately and discovered this `gypsy' life, where my eyes had been put out for `bewitching decent folks' , and I had to rely on my other senses.*

Thursday 16/7/98

6.6 Detailed Recall

Here we will take a certain type of experience and work it over in detail. Each major question is a separate process. The first one will be described in full. The remaining ones should each be run the same way. If you can't get specific answers to the detailed questions, then get approximate ones.

6.6.1 Remember a time that you enjoyed eating a meal.

a) when was it?
b) where was it?
c) who else was involved?
d) notice the color of things in the incident.
e) notice how things sounded.
f) notice tastes, smells, and sensations.
g) notice your body position at that time.
h) did anything else interesting happen then?

Then remember another time (possibly earlier) when you enjoyed having a meal and repeat the above detailed questions. Continue finding additional times until you feel good.

***R** - Well, who would think such an apparently innocuous question could lead anywhere? And I got a result after only two pages of answers (a nice change from the last process). Anyway, after examining only three meals I felt I didn't want to re-visit every meal I could recall this lifetime because that would be boring. Then it occurred to me it would be more interesting to re-visit a meal from an earlier lifetime. I immediately saw myself in a prison and felt a bit of grief. I was being given some gruel/porridge stuff from a wooden bucket (just like you see in the movies). The process questions called for sights, sounds etc and I saw/felt straw on the floors, metal bars, leather shoes etc. Also this fitted in with similar recalls for that time period, 1800s, France. The grief was feeling sorry for myself, the blandness of the food, my fine clothes all tattered. It explains why I prefer spicy foods now, why I got upset over school lunches, got choked up during my French oral exam at school, and other things this lifetime.*

Later coming home from work I re-experienced a separateness from time and the physical universe, like I was only loosely connected to the `reality' of here and now. But these kinds of results are routine for me. I want to see **T** make a breakthrough in this chapter because then we'll have no doubts that the Pilot's Self Clearing is a valid clearing approach for `new' people.

***T** - After working on **6.5** the simple recall process for a week (on and off) I came up with a common theme and had three incidents relating to it. When I was young I had two Barbie-like dolls. I didn't like them very much. I once cut their hair and they ended up looking terrible. Several years later my aunt gave me a stuffed toy dog, which stood on the floor and reached my shoulder height. I cut its hair and it too looked terrible. Then about five years ago I cut my own hair, making it look terrible. It had to be rescued by a hairdresser. This recall gave me a better insight into myself and explains why I have always had trouble with my own hair (I never comb it, I pull it out, I keep thinking about getting it shaved off).*

Friday 17/7/98

***T** - I completed 6.6.1 (remember a time when you enjoyed eating a meal). I remembered two incidents, one recent and one in 1994. I had a good recall on the second incident, which surprised me. I had a win recalling the most interesting incident of meal number two. My mother, in a swish restaurant, had her whole hand inside of a large, individual dessert bowl, trying to retrieve the brandy snap which was at the bottom.*

Wednesday 22/7/98

***T** - Completed 6.6.2 (Remember a pleasant moment of intimacy, see process below). I recalled two incidents of intimacy, both occurring after traumatic events. The first one was a hug I received from a workmate after being pushed over by a man on the way to work. The second was having my mother present when my split lip was being stitched at hospital. I was only 4 or 5. I remember my mother refusing to leave and holding my hand throughout the ordeal. The trauma associated with the latter incident has been "cleared" and my win was having this cleared incident reinforced or "proven".*

Thursday 23/7/98

6.6.2 Remember a pleasant moment of Intimacy

This could be sexual intimacy or a moment of special closeness between parent and child or even a moment of deep friendship or mutual support. Use the same detailed questions as above and keep

finding additional times of intimacy until you feel good.

***R** - Got a nice result after only one set of questions! The process neatly resolved a chronic problem I've had with my second dynamic for a long time. It's quite personal and affects **T** so I won't go into it here and now.*

6.6.3 Remember doing a job you were proud of

Run as above

***R** - The first set of questions brought to mind a `broken' tape recorder my parents owned. They only used it to play music because it `didn't record' and had `never recorded' and `would never record'. They knew me as an `impractical' person but I was already OTII by then and decided to try and fix it. After opening it up and looking at it I saw how it could be fixed with a small piece of wood. A piece of match stick did the trick and the machine now recorded, as it should.*

On the second set of questions I recalled an earlier lifetime. Quite fascinating because few earth people would believe it. They have trouble trouble believing in `crop circles' being caused by UFOs. They've spent years `proving' statues like those on Easter Island were made with stone axes by `natives' so they're not likely to believe they were cut with laser cutters by visitors from space. That's how I remember it, anyway. My project (not Easter Island) was done furtively. Then contemporary tools were used to make it look like they were done by the `natives'.

6.6.4 Remember having fun as part of a group

Run as above

***R** - On the first question I remembered playing a laser game (this lifetime). I had heard about them and thought my then girlfriend and her daughter would like it. They did. I found it was quite restimulative with semi-darkness, flashing lights, lots of noise, two teams (blue and red), etc. I'd had lots of processing by then and knew about past lives and knew it was a dramatisation of `space opera'. I read the `rules' before the game and saw the object was to shoot the enemy headquarters. After the game many of the `regulars' were amazed at how a first-time player got such an incredibly high score and won the game. I was wondering why they didn't just read the rules and follow the purpose. They were too busy dramatising other things, going around and shooting each other, etc.*

This memory rehabilitated my ability to play a game. In present time I realise I can play a game on any dynamic and win. It's just a matter of recognising there is a game, knowing the rules and the purpose of the game, and deciding to play to win.

6.6.5 Remember exploring a place you liked

Run as above

***R** - Got a **very** interesting result from doing this process. The three separate incidents I recalled each had a common thread to do with flying. Attempts to fly this lifetime (building cardboard wings and going out*

into a storm at age 5, etc) were totally explained by actual flying/levitation abilities in earlier lifetimes. Always believed in `levitation' but never realised I actually had this ability in a past life!

6.6.6 Remember a time when you were glad to be alive

Run as above

***R** - The first recall was a groin operation at age 11, waking up in a pool of blood with the most incredible thirst. This operation was a big ruin this lifetime and has been addressed countless times in processing, but still affects me adversely over 30 years later. However, so strong was my urge to live that when I woke up I was glad to be alive.*

Continued the process because didn't want to get `stuck' in the operation again. Went earlier to a `baby' memory that keeps coming up. There was the feeling of `glad to be alive' which promptly got swamped with `It's not enough to be alive, because nobody pays attention to me' when mum and dad were fighting. Realised this was an ARC X of long duration which I then spotted as Desired Communication which handled it.

Saturday 25/7/98

***T** - I had a huge upset today when I tried to back out of an agreement I had with **R**. With **R**'s help I managed to keep the agreement (only just). After this upset occurred I realised that my ethics needed to be urgently handled. Fortunately **R** had found a process on the internet to do this. It is called the Justification Sandwich. **R** explained it to me and I cleared my misunderstood words. I didn't feel confident about it (as I feel about everything), but came up with the central condition on my case easily (Enemy on the fourth dynamic). This process is amazing and I have come up with some great wins and I now feel able to continue with the self-clearing productively.*

Friday 31/8/98

6.7 More that can be done

Before moving on to more advanced topics such as past lives, you should feel really good about the subject of remembering things in general. Notice whether or not this was achieved while running the above processes. If not, it might be possible to get some more out of them. Check each one over beginning with 6.1 and see whether it can be run some more or whether it went to a point of release that was too good to improve on at this time.

There is also a book called "Self Analysis" by L. Ron Hubbard which gives lots of recall processes that can be run in addition to the ones above if it seems needed. Note that we are not trying for perfect recall here, but simply an improvement and some certainty and skill at remembering things. There will be many more recall processes as we move along.

***R** - The Pilot mentions the book `Self Analysis' by LRH. I received Self Analysis processing almost exactly 20 years ago in Scientology and thoroughly recommend it because that's where I experienced my first past life recall. It actually cracked my case because I realised the door to my past was now open, for better or for worse. I have had excellent recall of `past lives' ever since, able to recall what I need to in*

order to resolve conflicts in my current life. So I don't feel the need to do more in this area.

6.8 Remembrance of Past Lives

We are immortal spirits who have lived through many lifetimes. Some people will consider this to be obvious but others may have a hard time with this idea. If the idea is difficult for you to swallow, then I ask only that you give it a chance and try out some things. Continuing on with this book does not require that you actually believe in past lives.

However, processes can stir things up and bring them into view and you need to be willing to confront whatever comes up on them. Sometimes these things might not fit logically into your current lifetime. At a minimum, you need an open mind and a willingness to look at things that might come up without undue prejudice. And you will need a bit of information and orientation and some practice working with the concept of past lives so that you can see how things fit together when they do come up.

But you don't have to become a believer. You could think of these past lives as exercises in imagination or as a way of providing enough room to handle the wealth of mental constructs that lie within the subconscious. So do these exercises whether or not you believe in past lives, and be prepared for strange and unusual things to come up occasionally as you work through this book. And don't get into a tizzy about proving or disproving this stuff. It will sort itself out in its own good time.

R *- Oddly enough my mother currently firmly believes I have a `bad memory' of events this lifetime, expecting me to recall details of events important to her. With her Catholic church upbringing she does not `believe in' past lives. Also I noticed she has no memory of events important to me, such as showing her a `backward dive' I taught myself at about age 7 at swimming pool. So apart from such occasional upsets I am content with my memory. The ability to remember past lives is like having a million gigabyte hard disk instead of the floppy disk for `memory' the average human has. Which would you rather have?*

6.9 Some basic information on past lives

Therapies which allow for the existence of past lives often concentrate on traumatic incidents that occurred in past lives. This especially includes the continual unpleasantness of dying. But these unpleasant experiences are one of the reasons that people don't want to recall past lives. Therefore, we will concentrate initially on pleasant memories and skip the bad times for now.

In recalling things, one has a tendency to twist them into familiar patterns, especially when the actual scenery was radically different than what one is used to. And, on gaining a real but vague recall of something, there is a tendency to fill in the blanks with what one has seen on TV or read in the history books. You will find, for example, that there is a strong tendency to dub-in one's native language rather than the actual language that was being spoken in some old incident. And there is a bit of wishful thinking that can come into play. Remembering a snatch of ancient Rome, one might be tempted into thinking that one was Julius Caesar since he was a well known and powerful figure.

Another mechanism that comes into play is a tendency to reverse roles and misremember that you were the winner instead of the loser or that you were the victim instead of the guilty party. It actually works both ways, the grass is always greener on the other side. Since you did not experience the unpleasant portions of your opponents existence, it is easier to misremember being on the opposite side of a

conflict rather than face up to either the pain or the guilt that you actually experienced.

We have been around for a very long time, and to some degree we are stuck in a rut. So the civilizations and cultural styles often repeat. There have been many Earth like planets and history tends to repeat itself at least in its broader outlines. So what at first glance might appear to be a lifetime in ancient Rome might eventually turn out to have occurred on some distant planet millions of years ago. All this will gradually sort itself out, and much that is dubbed in initially will fall away as you advance.

So don't assert the rightness and accuracy of what you recall vaguely and thereby commit yourself to defending or hanging on to inaccurate recalls from a mistaken sense of pride or status. But also make it a point not to invalidate the recollections or discount them as complete fabrications just because there are some logical inconsistencies.

When you are trying to find something, the subconscious will often let an important bit come through even if it must be surrounded with inaccurate substitutions. If you need, for example, to run a "past life" as a fictional character in a movie that you saw, go ahead and do so. Don't sit there and say, for example "this is obviously impossible, I could never have been Shakespeare's Macbeth".

If you invalidate the whole incident, you will also invalidate the tiny piece that is true and which has been presented for you to look at. You might, for example, have once murdered your father for gain, as did MacBeth, but the actual incident is too far out of reach. In confronting the mostly fictional incident, you also face up to that tiny part which is a true recall and which is necessary for you to face. So don't fight with the recollections and don't force them to be historically accurate. Just let them be whatever they are. Gradually you ability to face things will improve and the amount of mental charge will decrease and you will recall the realities behind the half-truths that you find initially.

R *- This is great stuff. I'm really looking forward to* ***T****'s result from doing this chapter.*

6.10 The Beginning Step to Past Life Recall

The course of our existence has encompassed millions of lifetimes in this and earlier universes. Our time on this Earth is but a drop in the bucket in comparison. But the Earth like mockups have been around for a very long time and will generally be easier for you to recall than other more alien ones. Even if they only form one thousandth part of your past lives, they represent the ones that you are most familiar with and which you are being constantly reminded of. We will take advantage of this and search for a pleasant lifetimes in settings that you already have some familiarity with.

Pick your favorite period of history and the civilization that you feel the most natural affinity for. Or, if you are strongly drawn to science fiction or fantasy, consider the idea of some space empire or fantasy realm that gives you a really good feeling. Once you have made a selection, discard all the details, especially famous names and events and concentrate instead on the general character of the civilization. And if some historical detail strikes you as really wrong, then discard it in favor of what you feel is appropriate because you might actually be sensing something from long ago and far away rather than the recent Earth civilization that you have read about.

Since we are focusing on a period that feels good to you and trying to stir up a pleasant lifetime, you can probably trust your feelings as to what kind of person you were and what kind of things you might

have been doing. With a good lifetime you do not have as much of a tendency to substitute pleasant experiences for the harsh ones that actually happened because the actual experiences really were pleasant. Now consider what kind of activity you might have enjoyed doing in such a civilization. Visualize an incident of doing this activity, trying to get the colors and sounds and any details that seem right. Adjust this based on what "feels" right or wrong until you are happy with it. Consider that it might be an approximation of a true recollection.

Do this a few more times, visualizing instances of the activity that you enjoyed. Then look over the various occurrences and see if you can sort them into a sequence of which might have happened first and so forth. Consider what kind of job or station in life feels appropriate. Visualize incidents of performing the task in question. Sort these together with the other ones into a sort of a time line. It will help to write this down leaving much space for additions. Consider what kind of people you might have cared for in these circumstances; friends, lovers, parents, children, etc. Try to visualize some really good incidents with these people and add them to the sequence. Consider if there might have been some really good event which might have happened; some personal success or an important occurrence that affected your life favorably. Again visualize incidents and add them in.

If some bad thing occurs to you which you need to face, go ahead and consider that as well and add it into the sequence of events. But balance it by spotting some of the good things again. Don't go charging off in a search for the horrible things that happened to you.

Now repeat the detailed recall procedure given in section 6.6 above aiming it at this past life which you have been reconstructing. Now write a brief summary of the lifetime. And note down anything of which you are certain occurred. Pick another historical period (or another space empire or whatever) and repeat this entire procedure on a second lifetime. Do it again for a third lifetime. You want at least three so that you don't fixate too much on the first one. Accept the idea that what you have come up with might only be half right, a mixture of true recall and imaginative fabrication. Even the imaginative part will help broaden your viewpoint.

R *- The Pilot begins here with `Pick your favorite period of history...' so what immediately came to mind were past incidents of levitation or flying. I chose the earliest one, which has come up time and time again over the years. I recalled more detail of this particularly favourite lifetime (because I had a synthetic body and it could fly). The brilliant colour of white wings in the memory became so vivid I almost choked with emotion. I realised the emotion was from losing that particular body and knowing it was gone forever. I realised then how much I was suppressing of my recalls as a self-protective mechanism. So there is still a lot of `charge' there to be dealt with.*

Each sense (smell, touch, sounds, etc) evoked corresponding detail. There is information I cannot share publicly here at this time. It would be considered too unbelievable. There is UFO data here and its connection with mythology. Only a fellow clearing practitioner could appreciate this stuff, or one very familiar with Von Daniken's, Uri Geller's, etc. However, it was delightful to me to recall a particular landing/touchdown on earth in a heavy rain, to know what my purpose was then (messenger), to realize how humans would consider someone with a practically indestructible synethetic body as `immortal' (and easily replaced anyway even if it was destroyed), and many other details explaining my present life attitudes, understandings and so on.

Doing this section has caused me to renew my purpose to move objects and/or to fly/levitate. Since The

Pilot also has processing to address this ability (the Levitation Rundown in the Super Scio materials) I've decided to begin as soon as possible and do it concurrently with this self clearing.

Saturday 1/8/98

***T** - I completed 6.6.4 (Remember having fun as part of a group). First I had to encounter a present time problem (work-related), which has been prominent for a while. I haven't had a lot of fun with groups over the years, even though I was in the Girl Guides and have held various jobs involving large numbers of people. I was able to recall having fun in an inappropriate situation (visiting my father's gravesite for the first time recently, laughing with my brothers and remembering some good times). I then recalled an earlier situation approximately 15 years ago involving my brothers when my father was in hospital. We did not understand how serious the situation was (he had suffered a heart attack), so we raced each other on the stairs and lifts. I had fair recall on this.*

Sunday 2/8/98

***T** - I completed 6.6.5 (Remember exploring some place that you liked). I first thought of a visit to a wildlife park a year ago, so the recall was pretty good. Then I thought of an incident about 17 years ago (I was about 13 years old) when I was exploring rocks with a friend. We got up so high and so far away from her parents that I was scared we wouldn't make it back. This recall made me realise that I have come full swing from that particular moment, as I now know that things will always work out.*

I then commenced 6.6.6 (Remember a time when you were glad to be alive). I didn't think I would be able to come up with this, because to me life is pretty much day to day existence and not a lot of euphoria. Just as I was about to bypass this process I came up with two incidents which took place, both involving a trip overseas with my father (the first time for both of us). It was an amazing feeling being in another country, especially after the hard work it took to get us there (we had to obtain passports, requests from family members for duty free goods etc.) The second incident involved a great moment involving taking pictures of my father at a world famous landmark. I didn't want my photo taken (a problem which I still have today), but I'm glad I took photos of my father, as he always liked to show them as "proof" that he'd been there.

Wednesday 5/8/98

***R** - Began Levitation Rundown, excellent results on first group of processes. Surprisingly easy to run thanks to all the self-clearing. The challenge is to continue the self-clearing concurrently.*

Oh, T achieved a result on the past-life recall so I'm excited about that. I won't say anything more at this stage but let her write up what occurred.

***T** - I continued 6.10 (The Beginning Step To Past Life Recall), which I commenced yesterday. I came up with a favourite period in history (Greek history). I was a little concerned about beginning this process. I have done recall once before, ending up "in" the incident without it being handled. This was to do with a flogging incident, which I have always had problems with (inability to watch flogging in movies leading to leaving the room, crying etc). The activity I thought of was washing clothes, a "chore" which I find enjoyable today. I was able to recall things about my appearance and clothes as well as the position I was in. I took a win on that.*

Saturday 15/8/98

T - R *was sick last weekend, which is why there has been no entry made. I completed 6.10.* ***I came up with being a chambermaid in Germany, and my recall was pretty good. Then I recalled being a flapper in the 1920s*** *(which was a refreshing change from continuous chores). This last recall was one where I didn't have any cares and I was selfish. This was not surprising, as I am still encountering difficulty with help today.*

Summary

Sunday 23/8/98

R *- Well, we are both very pleased with the results from doing this chapter. There is probably more we could do as suggested in* ***6.11 Final Step*** *(see below), however I checked with* ***T*** *about the aim of this chapter -* ***`The idea here is simply to open you up so that past life things can come up easily when they need to during processing'*** *- and she feels she has achieved that. This is a marvelous result for any human being to achieve. I have known many people involved in Scientology for years, both staff members and public, some having received hundreds of hours of processing, who had not experienced `past lives'. I particularly remember one dedicated staff member of many years saying he didn't really `believe in' past lives.*

T *had a `Book One' session 2 years ago that brought up a past life incident involving `flogging'. This was never handled/flattened as there was just too much charge so it remained a barrier to any processing until now. I believe the Self Clearing has been the perfect remedy to this problem, allowing* ***T*** *to gain the confidence and knowledge necessary to finally confront such incidents, and without being dependent on a professional practitioner or organisation.*

I see this chapter as the major turning point for `human beings'. Past life recall sorts the men from the boys, or the spirits from the bodies, as it were.

As for myself, I've begun another of The Pilot's gifts to mankind called the Levitation Rundown, part of his Super Scio materials. As one of my past lives involved extensive `levitiation' abilities I decided I could wait no longer to try and rehabilitate something of them. It is what I have always wanted to do this lifetime. I will write the results up in another `diary' and release it when I have achieved something demonstrable in that area.

6.11 Final Step

This is not the final step of handling past lives. You will do much more as you go through the book. This is only the final step of this chapter and it is aimed at putting this all together and stabilizing whatever gains you have made in recalling your past existences. And if these past lives seem very vague and uncertain, don't worry about it. We are not yet far enough along for good solid recollections unless you have already been working extensively on past lives or are in quite exceptional shape.

The idea here is simply to open you up so that past life things can come up easily when they need to

during processing. But now that you have some orientation towards past lives, an excellent finishing touch is to run processes 6.1 to 6.5 again on a broader time span, unless of course you were already pulling up past life memories the first time you ran these. There is a possibility that these processes could overrun because they have been run before. If this does happen, simply rehabilitate the earlier release point as discussed in chapter 2. But the odds are that most or all of these processes can be successfully run again on the larger time span which has opened up.

And don't limit these processes to the 3 lifetimes that you ran in detail above. Simply accept whatever is ready to come into view. This is the step where you might actually get some very real and vivid recollections because of all the hard work you put in on the previous steps.

End Chapter 6

Back to Diary Chapter 5 Diary Contents On to Diary Chapter 7

Self Clearing Diary

Chapter *Seven*

'Willingness and Accessibility'

Our aim is to inspire others towards enlightenment via self clearing

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It would be too much to take all the buried reaches of the mind and open them up all at once. It would just be too overwhelming. And for this reason, the person keeps himself blocked because he knows that he would be smashed if he opened up the flood gates. But people foolishly keep adding more and more layers of non-confronted things without ever retrieving anything from these hidden areas. The simple solution is to release one thing at a time and gradually open up what has been hidden, exposing things at a rate that the person can tolerate.

Nobody could stand having all of their memories of all lifetimes returned to them in one big blast. But you can do this gradually, opening up the recall bit by bit and restoring the person's identity as an immortal spirit....

...From the broader perspective, there is no way that an immortal spirit could be permanently hurt, and therefore there is no knowledge which could truly harm you. But from the narrow human perspective, one can be afraid of finding out things. So let's practice facing imaginary things so that it will be easier to confront the real ones when they come up. You want to reach the point where you really don't care how frightening or horrible an idea is. Instead, you just want the truth. As Jesus said "The Truth Shall Set You Free".

The Pilot's Self Clearing book - *Chapter 7*

Sunday 16/8/98

7.1 Willing To Find Out

Run these commands alternately. You can make up things. You can spot things that might potentially be true. You can spot things that you are sure are not true and recognize that if they did turn out to be true, you would be willing to find them out. Get to the point where you would be willing to find out anything, no matter how horrible or bizarre.

7.1a) What would you be willing to find out about yourself
7.1b) What would you be willing to find out about somebody else
7.1c) What would you be willing for somebody else to find out

T *- I realised that I'm not willing to find out anything about myself. Without* ***R*** *I wouldn't do it at all. I'm*

*not willing to find out about others, they volunteer information. Besides **R**, I'm not willing for others to find out things about me. I need a lot of motivation in this department.*

Monday 17/8/98

7.2 Finding Out About

7.2a) What would you be willing to find out about your body?
7.2b) What would you be willing to find out about your friends or loved ones?
7.2c) What would you be willing to find out about groups that you are or were a part of?
7.2d) What would you be willing to find out about society?

***T** - I realised I have the willingness to explore specific items (why my left ear intermittently rings, why my brother can't save money, why women I work with are obsessed with their physical appearance, why society tolerates criminals).*

7.3 An Advanced Version

7.3a) What would you be willing to find out about reality?
7.3b) What would you be willing to have another find out about reality?
7.3c) What would you be willing to have others find out about reality?

***T** - After clearing the word "reality", I realised that the reality I perceive predominantly is not the actual reality and that reality means agreement.*

Tuesday 18/8/98

7.4 Being

Now let's expand this a bit further with some more areas where it is important to think freely. At the top of the scale, one will find that he can be or not be anything by choice.

7.4a) What are you willing to be?
7.4b) What are you willing to have another be?
7.4c) What are you willing to have others be?

***T** - (With help from **R**) I came to the conclusion that beingness is limitless. I may never be six feet tall, but I'm **willing** to be six feet tall. Depending on what day of the week it is/what mood I'm in, I'm willing to be successful or a loser, a good worker or lazy etc. This goes for others also. I'm willing to have another at work be absolutely unbearable so that I can be tolerant.*

Wednesday 19/8/98

7.5 Doing

7.5a) What are you willing to do?

7.5b) What are you willing to have another do?
7.5c) What are you willing to have others do?

***T** - I realised (with **R**'s help yet again) that my answers are all things I am willing to have others do for my benefit. I know that my first dynamic overrides my third dynamic and needs to be further handled in the justification sandwich processing.*

Friday 21/8/98

7.6 Having

7.6a) What are you willing to have?
7.6b) What are you willing to let another have?
7.6c) What are you willing to let others have?

***T** - I realised I am willing to have or not have things. I **had** money in the bank for a long time, with too much **havingness**, not spending any. Now I have spent this money on two home units and have little left in the bank. I am willing to have ready cash or not.*

Saturday 22/8/98

7.7 Agree and Disagree

It is important to be able to agree or disagree at will and not to be stuck compulsively on either side. So run the following commands alternately. Note that it is OK to be both willing to agree with or disagree with the same thing. You can be willing to go either way, and that is the skill we are aiming for.

7.7a) What are you willing to agree with?
7.7b) What are you willing to disagree with?
7.7a) What are you willing to let another person agree with?
7.7b) What are you willing to let another person disagree with?

***T** - I came up with items that I am able to agree/disagree with eg **R** buys a lot of gadgets but I disagree with 1) buying too many; 2) spending too much money on them; 3) only using them once or very little. I remembered items that I have disagreed with in the past, which I now agree with, especially food items such as olives, bananas, pumpkin, peas and baked beans. I am now less fussy with what I eat.*

Monday 24/8/98

***R** - I'm back! What trauma! Got sick (`laryngitis') and took a week off work to `recover'. Which was good as I got through quite a bit of (Levitation R/D) processing. But I've just now realised I didn't actually handle the situation from a processing viewpoint as I would have (and did) for **T** when she `got sick' using Ch 24 - Suppression. However, as things are back to `normal' I'm not concerned enough to do a thorough handling of it at this time.*

So, I'm now continuing the Self Clearing as well as doing the Levitation Rundown. Results from the

Levitiation Rundown I will write-up separately and they will never see the light of day unless and until I achieve something demonstrable in the physical universe. The data I am (re)discovering in the area of `levitation' is just so incredible, so totally unbelievable and so at odds with accepted earth history that I am only revealing it to one or two close friends. And even with them I say I will not fully accept anything in that area unless and until I can back it up with physical universe demonstration. Besides, that is my purpose for doing this particular rundown in the first place.

Okay, back to the self-clearing. As I said earlier, I am really pleased with ***T****'s results. You can see from the above entries how she forged ahead without me. As she said to me yesterday she had no idea what she was getting into when she agreed to a relationship with me three years ago. However, I made my position clear from the start, that I was completely dedicated to `clearing' work. Up to now I have more or less forced her to do the self-clearing. Without it our relationship would collapse because there would just be too great a difference in our realities and purposes. But, as I say, I am thrilled and thankful that the self clearing project is working for* ***T*** *and therefore for both of us, enriching our lives. It hasn't been easy. In fact it's been quite traumatic. But we're making it, and we're getting somewhere. Many, many thanks to The Pilot for making this possible.*

Did ***7.1 Willing to Find Out*** *and quickly achieved the recognition I am willing to find out anything about anyone, etc, and have others do the same, with the reservation/ understanding they are sane/responsible with such information. Then I realised that `finding out' is related to responsibility level.*

Did ***7.2 Finding Out About*** *and (after two pages) had to rehab the overrun realisation that one in fact would have more control/cause over a body by being exterior to it rather than in it. Also this process renewed my purpose to find out about a past group I belonged to involved in `surveillance' of this planet in biblical times. In fact I also realised the similarity between that particular operation and scenes from a (black & white?) Jerry Lewis film -* ***A Visit To A Small Planet****, which is why it had such an impact on me earlier this lifetime.*

Tuesday 25/8/98

R *- Did* ***7.3 An Advanced Version****. Ran the commands a,b,c, a, b, c for 37 answers and had the realisation I wanted all people to recognise they are spiritually trapped in the physical universe. Further, that I wanted them to regain their cause over reality by locating and undoing their relevant postulates, implants etc in their past (lifetimes) which are causing them to be trapped in fixed conditions in present time.*

Couple of incidental wins. I've caught up with ***T*** *and managed to do another process on the Levitation Rundown, as well as go jogging and get this all written up today. Oh, nearly forgot. Some hours after doing today's processing I realised I now had the* ***ability to hold two major opposing ideas at the same time****, e.g. Yes, there is a god/no there is no god. I had read about this ability years ago but couldn't conceive how it could be possible because it totally defies `logic'. But then LRH said logic `is mainly aberration' (Scientology 8-8008 p47).*

This is yet another big breakthrough for me. I thought I was already doing well to be able to hold one viewpoint and then its opposite, often during the course of the same conversation (much to other people's confusion and often my own) but never ***at the same time****. I can have some fun now - yes, earth is a prison planet/no, earth is not a prison planet - yes, I will commit to this organisation forever/no I'm not*

interested in this organisation - I want to die because this relationship is over/no, I'm ecstatic due to this sudden opportunity to discover new love - Yes, I must be crazy to believe in past lives, exteriorisation etc/ No, actually I'm practically mest clear, OT, etc and possess the secrets of life, the universe and everything....and so on.

*So this is a very **real** increase in **freedom** which should have repercussions across all my dynamics. Once again I am indebted to LRH and to The Pilot.*

I also note there is some sort of harmonic/parallel in that two objects may not exist in the same location at the same time, and that one is `not supposed to' maintain two contrary ideas, thus forcing one into one viewpoint or another and thus into conflict with anyone holding the other viewpoint.

***T** - After a huge upset last weekend, I commenced the victim process (From where could you communicate to a victim?). Today I had a good chat with my boss. I realised that I am feeling like a victim because I am allowing someone to make me feel like this. I could feel the energy flow come off me. It didn't feel like 'relief', it felt physical. I feel as though I am ready to 'fight' again now. I did a little bit more of the justification sandwich process also. I am still at Enemy on 4D (the fourth dynamic) and I realised that I'm critical of everyone. It's similar to a reflex action. I am unable to achieve perfection, therefore I can't allow anyone else to achieve it either. For example, Claudia Schiffer is beautiful, but I make fun of her accent. My quest to be `different' has left me in some kid valence, weak and dominated.*

***R** - Following a recurring dramatization by **T** I got her to look up `victim' in the Tech Dictionary and on the tone scale. This led to `Well, what do I do about it?' and my recalling running the victim process on myself years ago (to see how it worked) resulting in a blown valence/exteriorisation/cognition, etc. Anyway, I helped **T** do the process and we are both happy with her results. She has said her boss at work has stopped asking `Are you okay?' now.*

*I've also pointed out to **T** that it is not okay to stay at `Enemy' on the fourth dynamic (or any dynamic, for that matter).*

Wednesday 26/8/98

7.4 Being (What are you willing to be, etc)

***R** - This ran for four pages until I pushed through the theetie weetie answers such as a willingness to be telepathic, a magician, etc. When I then confronted that I was willing to be a teacher to teach other people a lesson, and was willing for them to be a victim/total effect of that lesson then I knew I was onto something meaty. I recalled again that I had been part of the control operation (the earth as a prison planet idea) but this time I realised that my motivation was as above, to teach people a lesson. It is still very real because I feel it today. Then I realised I was confronting blame and accountability (see tone scale) which has been sitting on my case for eons. I have been holding people`accountable' since what I believed was their refusal to leave mest alone. In fact they were unable to exteriorise from mest (because of the number of agreements with it) but I was too busy making them wrong to notice that. Again LRH was right when he said we (thetans) were stupid. I certainly was.*

Thursday 27/8/98

7.5 Doing (What are you willing to do, etc)

***R** - After only 6 answers I recalled what the Commander of the `Prison Planet' operation had given as the reason why earth needed `populating' rapidly. He'd said there were lots of beings (thetans) coming and so many more bodies were required. I and others involved in the operation assumed they were coming for `holiday' reasons or something like that. I just now realised that the incoming beings had been made `accountable' for actions against `The System' and were in fact being sent on a one-way ticket to earth - a prison sentence. Well, that's my reality and it keeps coming up with more and more data. It then occurred to me that China's current one-child policy is somehow connected with that original population operation.*

7.6 Having (What are you willing to have, etc)

*After 9 answers I realised I could now finally accept my own sentence (to prison planet earth), and let others have their sentences. You see, I've been **blaming** people for their ignorance, bad manners, ignorance of their spirituality, past lives, etc, while not-ising the **reason** for their present condition. Now I see they're already being punished. They're **here**. (Hence the popularity of prison movies, life in prison, escapes from prison, etc.)*

Hey, I know the Prison Planet idea may not be popular with some people. But I didn't invent it. And I'm only giving you what is true for me at this point in time. But my recalls keep getting stronger and more certain along those lines. If it is my delusion then I hope I resolve it as I progress through the Self Clearing. But if some poor sod reading this diary has ever suffered due to UFO/alien abduction/space opera or related phonomena and wanted to get to the bottom of it, then this just may open a door for them. If this sort of thing does not `indicate' to you then please ignore it.

However, shortly after I wrote the above paragraph I read a message on the IVy subscribers list - here is an extract:

> **>What if your partner's spiritual path was completely opposite to yours?**
> **>Born again Christian? Devil Worshipper whatever..**
>
> **Same as above. No foundation for a relationship.**
>
> **In order to come close to me, a person must be big enough to span at least the last few thousand years of history - the time since the aliens implanted the last big cultural paradigm which is reigning now - the Christian paradigm with the Bible as its center and all the patterns in culture, art and literature that have been coined by it.**
>
> **Spanning this time, any case-situation of a person who shows up in daily life (or a session) can immediately be duplicated and deeply understood - which again allows us to ask the right question for the person to come to important realizations.**
>
> **There are many lovely beings around, with a constructive attitude and positive motivation, whom I admire and with whom I would work. But for a relationship of the type we had been discussing, a person must be exterior to human history. Otherwise there would simply be not enough reality for a real closeness.**

I know that this is very far away from the original topic we had, the second dynamic and tactile communication. But this is only one (rather small) part of a real spiritual merging, which (for me) would be necessary to act as a unity.

H B

"You shall know them by their fruits." (The Bible)

Thanks for your thoughts, HB. Your words are like music to my ears and I hope you don't mind them appearing in our diary. Oh, and here is some more feedback on our diary:

Subject: GuestBook
Entry Date: Thu, 20 Aug 1998 08:58:52 -0700
From: Paul Misiunas <misiunas@freezoneamerica.org>

Found this in the freezoneamerica GuestBook, thought you might enjoy it:
==========

Well this site certainly gave me a new view of Scientology and the church. The self clearing things are of real interest to me and a big thanks to R and T for the diary.

Was this site helpful?: yes
Changes/additions to site: not at present
Name: Cosmic Boy
[Wednesday, August 19, 1998 at 03:31:14 (PDT)]
==========

All the best - Paul

- - - F r e e Z o n e America - - - PO Box 3093 * Kingman, AZ 86402-3093
Visit us at: http://freezoneamerica.org

Well, thank you very much `Cosmic Boy' for your validation - We appreciate it very much and we wish you well in your own clearing work. And thank you, Paul, for forwarding the message, and for all your marvellous work in maintaining our diary on the freezoneamerica website. We read the message board again recently - there's a lot more stuff there now! Fantastic!

Friday 28/8/98

7.7. Agree and Disagree

Of this process The Pilot says:

Note that it is OK to be both willing to agree with or disagree with the same thing. You

can be willing to go either way, and that is the skill we are aiming for.

Well, it seems I obtained this result earlier (see 7.3 above), but let's see what happens with this process.

After 7 answers I realised we can agree with trends (in society) or disagree with them. I realised that disagree = resist. I realised if you disagree/resist then there is consequence (and vice versa). For example I disagreed with ATMs (Automatic Teller Machines) for many months before deciding to embrace `new technology'. Now I feel in tune with contemporary society (not resisting), am now computer literate, (computer super literate compared to most). Now I have a fuller understanding of `When in Rome, do as the Romans do', and life `following the path of least resistance', etc.

Then I spotted that when younger I could not tolerate (have) the idea of girls not liking me. Then some years ago, after much processing this aberration keyed-out and I invited a lovely lady to begin a relationship with me. She declined (disagreed) but I didn't go effect of that. I said I understood, but that the invitation remained and she could let me know if she changed her mind. Two days later she said she'd thought it over and now felt it was a great idea. Unfortunately I had by then keyed-in again and could no longer have the idea of a relationship at that time.

So, as a result of this process I now see how I've been sabotaging myself by compulsively disagreeing across the dynamics and by not allowing others the freedom to choose to disagree with me (not granting them beingness). Also I see that disagreement is in fact resistance (not-isness) and can result in failure and ruins in one's life when done unknowingly/compulsively/reactively.

This extends to the importance of clearing words in Scientology (or any subject, for that matter). Obviously someone who cannot explain the meanings of words such as spirit, cognition, as-is, service facsimile, whole track, etc, will automatically resist/disagree with Scientology. It's a simple mechanical reaction. And vice versa - when someone finally does get the understanding of a particular misunderstood (disagreed with/resisted) word then suddenly/magically/amazingly they can have/agree with the subject. They stop resisting it. I 've been through this cycle every single time with T's `disagreements' , as well as countless times with others in `discussion' about Scientology.

***Super Cognition!** Basically, I can now **have** disagreement. This follows from the ability to hold two opposing viewpoints/ideas/opinions at the same time! What a wonderful new freedom! (Thanks again, LRH, and thanks, Pilot!). I've long had the ability to resolve others' disagreements by finding and clearing their misunderstood words (it always works, as LRH says), but it was motivated by my inability to accept their disagreement/s. Now I can have them.*

***Result**. Shortly after the above process, as I walked out to buy some lunch, **I realised I was `exterior'. I knew I was separate from my body/mind/brain/name/etc and realised my body was simply a terminal for the giving and receiving of communications.** I know LRH has described it as such, but I never expected to experience it. The state ended when I opened my mouth to talk to somebody, but it was a delicious break from the mest universe while it lasted.*

Saturday 29/8/98

7.8 Change

Tolerance for change and no-change is also important.

7.8a) What would you be willing to have change?
7.8b) What would you be willing to have remain the same?

T *- After a page of responses I was able to come up with the same answer for both questions (what would you be willing to have change/what would you be willing to have remain the same). My response was "my attitude towards having children." Before meeting* ***R*** *and doing self-clearing I could never see myself having children. However, I now see the possibility of changing my attitude.*

Wednesday 2/9/98

7.9 In a Crowded Place

Spot people and for each one, think of something that you'd be willing for them to find out

R *- Immediately bumped into a telepathic awareness as the process had me actually confronting others' universes/minds. Next I realised I didn't want people finding out something about me, in particular something I'm aware is considered socially unacceptable and so I have to hide it. The win is realising this `withhold' is affecting my communication with others, blocking my path to freedom, etc. Of course now I have to confront and handle the withhold to complete the action, but that will be another process.*

T *- I did this process coming from work on the train. My first thoughts were those that I wanted people to find out about* ***me****. My win was then concentrating on one person and coming up with several items that I wanted him to find out that weren't related to me eg how beneficial tai chi is.*

Thursday 3/9/98

7.10 Afraid To Find Out

It has been said that the greatest fear is fear itself. Fear of something unknown is far more horrible than fear of something which one understands. Being afraid that there is a dreadful truth just around the corner makes one afraid to look, and that will leave you haunted by shadows which would dissipate if they were only exposed to the light of day. So lets make up some horrible things which you might find out. Run this to the point where you can laugh about it and are not worried about the consequences of discovering some dreadful thing.

a) Think of or invent a horrible "truth" that you might find out.
b) What would be the consequences of that?

R *- Mmm, I found I was having cognitions with each b) command of the process, in one case getting a clear picture of an incident (god knows when) explaining a current desire which was acceptable behaviour back then, but contrary to society's standards now. This gave me a clear understanding of why often someone cannot accept they have done something `wrong'. They may simply be at odds with today's standards. Obvious examples would be trying to explain to a doctor a hundred years ago why he should wash his hands before and after dealing with patients. Or why homosexuality was a crime in law not thirty years ago (and still is, in some places) whereas now society actively defends it. Or inter-racial*

marriages, etc, etc, etc.

I continued the process, with this understanding becoming clearer and clearer, then realised I was overrunning it and the high point was the earlier picture explaining my behaviour today, because I'd been looking for that answer for quite a few years.

Friday 4/9/98

7.10 Afraid To Find Out

***T** - I realised that past lives, which I haven't touched on greatly, have shaped me now. I came up with a huge area. I may find out that I've killed or injured people in my past lives. This explains why I don't like people and why I continue to be re-stimulated on things such as flogging.*

***R** - Later, **T** said she'd been `feeling sick' lately so used Appendix B : Correction List as a general clean-up action. Reading through the items she eliminated all except **29**. As the handling is Chapter 24: Suppression **T** was briefly confused (as she'd already done this previously) until I indicated it could be done as often as necessary as different people can affect us at different times. As it was getting late **T** was happy to begin the suppression handling tomorrow.*

Summary

***R** - People, especially at work, often remark on how cheerful or `up' I seem to be, compared to others. How does one explain a condition of being chronically keyed-out as a result of daily processing? How to explain that each day of Self Clearing is adventure beyond the boundaries of agreed upon `reality', a spiritual journey par excellence that has one humming with joy most of the time?*

On the outside I may have bags under my eyes from lack of sleep - too many hours maintaining this diary or surfing the net - yet there I go singing, whistling, smiling, telling jokes. Why haven't I succumbed to the daily grind, old age, RSI, rheumatism, etc, etc? How to explain that Self Clearing can put you in control of all that stuff?

Well, this diary is my message of hope. I don't feel obliged to spend hours talking to people who are not ready to listen - `they have ears to hear and they do not' (Lamentations - Bible).

*We found this yet another brilliant chapter from The Pilot - it has definitely improved **T**'s willingness and accessibility in that I don't have to `force' her to do processing any more. It has become part of our daily routine, like brushing one's teeth, to `do a process', and has enriched our lives immeasurably. She is noticeably more self determined, especially since doing the `victim process' recently.*

I could go on but I don't want to bore you too much - so on with the next chapter...

(End Self Clearing Diary Ch 7)

Back to Diary Chapter 6 Diary Contents On to Diary Chapter 8

Self Clearing Diary

Chapter Eight

'Communication Barriers'

Our aim is to inspire others towards enlightenment via self clearing

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Any flow which has any power or potential can build up pressure or mass or charge if it is blocked and bottled up.

One of the most intimate and important flows to a spiritual being is the free flow of communication. When it is inhibited or enforced, it can lead to protests, upsets, problems, compulsive behavior, and other ills. But at basic the communication barriers seem to be made by choice. In other words, the person himself decides to go out of communication.

This means that you can push through the communication barriers by decision without consulting the why and wherefore. This can be done on the simple basis of volume. If you talk enough about sex, you will cease to be inhibited about talking about sex, unless of course, people start hitting you when you begin talking because that will give you a good reason to decide to shut up again.

The Pilot's Self Clearing book - Chapter 8

Friday 4/9/98

Deja-vu experience

R *- Awoke 6.15am with my mind empty except for a name, which I recognised as a work-related matter, one of hundreds of possible names I could be assigned to deal with. This was significant because of its insignificance. There was simply no reason at all to be thinking of that name. Anyway, later that day there was a hectic re-shuffling of work assignments, and I was assigned to deal with some matters. When I looked at the paperwork there were two names involved, one of them being the very name I had had in my mind that morning.*

There was absolutely no other significance to the occurrence, except the chances of being assigned to the one name I'd had in my mind that morning were thousands to one. I simply recognised it as a trivial `deja vu' experience and mention it here in case of any future significance.

8.1 The Body

Now let's write a letter to an imaginary person that describes personal and intimate details of your body. You should actually write this rather than simply thinking it in your head. Volume is more important than quality in this case.

Now write a letter from this imaginary person back to you which acknowledges your letter and then tells personal and intimate details about their body.

Keep writing letters back and forth. Include embarrassing details and things which you would not normally say to anybody. Cover personal habits, including bad ones, bathroom details, and anything else that comes to mind that is body related. Keep this up until you feel that you could say anything in this area or hear anything in this area without it bothering you.

R *- After almost a page of writing the letter I ran into having `agreed' to a surgical operation at age eleven. Decided this ARC X (upset) should be handled before continuing the process. Of course I recognised it as enforced reality/agreement (I had no choice in the matter). I have dealt with this trauma on numerous occasions but it keeps popping up. Anyway, chased it earlier similar through childhood and kindergarten upsets, then a couple of past life upsets and back to a theta pole trap incident that keeps coming up. When I recognised that as an enforced reality then I realised my entry into this (mest) universe was an enforced reality. Sure, I agreed to it, but only because that was the only way to experience this universe/game - a catch 22 situation? Anyway, then cognited again on the CDEINR scale because that's how it worked for me back then - was Curious about this universe, then Desired it, then had it Enforced by agreeing/inflowing it, etc. Now of course I'm at the bottom of the scale mainly Refusing it.*

T *- I realised that past lives, which I haven't touched on greatly, have shaped me now. I came up with a huge area. I may find out that I've killed or injured people in my past lives. This explains why I don't like people and why I continue to be re-stimulated on things such as flogging.*

Sunday 6/9/98

8.2 Sex

Now write about sex, both sex in general and your own desires and actions. Again write letters back and forth until you are free about communicating in this area.

T *- I had a cognition. The bizarre side of sex doesn't interest me because of the connotations I have with it (whips, chains, pain, degradation). At present I am unable to delve into this area because I cannot understand how it would be enjoyable. To me sex does not equal pain.*

Wednesday 9/9/98

R *- To appreciate the following results I'll briefly recap my background. I was processed to a level where one is introduced to the concept of spiritual `entities' and trained to process them if/when they appear. In the Free Zone I did some Excalibur processing which also deals with entities.*

The second part of process ***8.1*** *is to write a reply. Well, after half a page I realised I wasn't thinking about what to write - thoughts were just pouring out by themselves, as it were. I experienced some mild electrical somatics and realised the process was becoming a `live' communication from an entity/body thetan. Well, what a surprise! No meter, no specific process for handling this area, but there it was. Well,*

I just handled with process 38.4 (What are you? Who are you?), acknowledging the responses, then became aware its purpose was to monitor me. Anyway I handled the considerations until it blew. Cognitions included my interest in the Bible, why Christians are stuck in the Bible, etc.

*With **8.2 Sex** , the letter required here got off some of my current considerations on the subject so I then began the reply. Immediately was writing the thoughts of a rather suppressive entity who was just pouring out a continuous stream of invalidation, ending off with `You'll get yours, must kill you' etc etc. When it ran out of steam I again used the NOTs valence technique. There was immediate recognition that the being was a being separate from myself and it departed.*

I felt there was still some charge on the word `sex' so I decided to continue the process. Before I could begin my letter I knew there was a `reply' waiting so I started writing that. Another entity came into communication, again somewhat suppressive/critical. This time when I asked `Who are you?' it replied `Me' with a mixture of sarcasm, humour and intelligence. I gave a couple of good acknowledgments and `he' departed to the music of Queen's Another One Bites The Dust

A number of cognitions followed. I realised why writers often say their `fictional' or `invented' characters seem to have a life of their own, and why often their stories often seem to write themselves. I now understand there are entitities behind these things. Also I realised an upset entity could lead to `writer's block' where the writer `runs out of ideas'.

8.3 Social

Now talk about your inter-relations with other people, including work, groups, society, and any other interactions with people. Here you should include embarrassing experiences, things you've done that you wouldn't want others to know about, things that you'd be afraid to say in public, criticisms that you don't dare voice, etc.

Again write letters back and forth until you are free about communicating in this area.

***T** - I've been riddled with the flu for the last few days and haven't done any processing. I spotted two suppressive people at work, I handled them with suppression processes in the self-clearing course and then felt ill. I felt ripped off because I was unable to prevent the illness occurring. Anyway, I've just completed this process. It's becoming very clear to me whilst doing this chapter that my letters are a look at who I am and the fact that I need improvement. My imaginary letter writer is the same person as in the first process. He is everything I'm not. He's even begun to start offering me advice on my shortcomings. I think that's a good sign.*

Thursday 10/9/98

***R** - Decided to do something about a chronic PTP (present time problem) with remembering some things (mainly names, dates and such). As soon as I decided to handle it I realised I would have postulated not remembering such details if/when captured by an enemy. Then I spotted the `earlier similar' and saw myself pushing such info away from me (in space and time, into the future) during an interrogation. This didn't resolve so again I found an earlier similar where I'd used an implant machine to obtain a `human' imprint so I wouldn't look out of place on an earth assignment. Still no go, but I spotted an instance this lifetime of not wanting to recall details of my role in my brother's various `accidents' (severed finger,*

broken arms). I continued through some more this lifetime stuff and a couple of torture incidents from earlier times - my intention to hold onto my body versus their intention to kill my body if I didn't `talk', etc.

Still no `result' so I continued through some serv fac stuff (to be right I have to actually not recall, to win I have to sacrifice either body or memory) and tone level of blame until I realised there was some implant here. (I've blown through quite a few over the years). Then it occurred to me this could be the Forgetter Implant. Then I recalled something that had come up years ago but had not resolved. There were three people in a room, one with a helmet device on his head. I had a lot of cognitions this time, realising this had been done to me shortly after my theta pole trap incident (mentioned in earlier chapter/s).

They were saying `We know you are brave and loyal to your friends and would rather die than betray them so we won't ask you to do that. But if you forget all about them and join our side then you can live and continue to play the/a game'. They said they'd accept my word that I would forget everything of my previous identity (as a free, powerful, ethical, etc being). So I (stupidly) agreed. So, to live is to forget, survival = not recalling details, etc, etc., and to join them is to live, play a game, etc.

Well, it took four pages of writing to get to the bottom of my `memory problem' . Following the above I saw myself doing the same thing to other beings. I was in glee about giving this `forgetter implant' to powerful beings, turning them to `our' side. I then realised I had even earlier overts on reducing the abilities of other beings by `destroying' their memory while I was the `Commander' of an earlier major implanting operation. (That's why the implant was so effective on me!) So that's what's been affecting my memory this lifetime, and that's why I've avoided leadership roles ever since.

8.4 Desires

Now write about your likes and dislikes, especially things that you are reluctant to express because they are unpopular. And write about your desires, both base and noble ones. And write about any deep beliefs that you would be reluctant to express in public.

Again write letters back and forth until you are free about communicating in this area.

***T** - I realised that I don't have any desires. I'm pretty much day to day, not long term wishes or anything like that. I didn't have any problems with listing likes and dislikes. I'ts becoming more obvious to me that my created letter writer is my exact opposite.*

8.5 People

Now pick individual people who you are or have been intimately connected to and where there might be some inhibited communication. This can include parents, children, spouses, lovers, close friends, etc.

For each one individually, write letters to them and responses on their behalf where you express any inhibited communications or anything that you feel needs to be said, or any general discussion along the lines of 8.1 to 8.4 above. Do this until you feel that you do not have any compulsions or restraints about things that you could say to them or hear them say to you.

***T** - This one was a real eye opener. I had written communication with a former co-worker, with my deceased father and with one of my brothers. My former co-worker was a final correspondence, my Dad*

was an important secret about me revealed, and my brother was a confrontation regarding a behavioural problem. I found this process very therapeutic.

Friday 11/9/98

***R** - Had a chest somatic which I decided to deal with as a PTP. I immediately spotted an entity and used the valence technique (process 38.4) to deal with it. Spotted when and where the entity had been assigned to me (only 5 years ago). This led to realisation I had a problem with being made wrong for something I'd already experienced regret for, and blew a ridge (of hate) involved in the incident.*

Dealt with another PTP, a sunburn problem, tracing it earlier similar through a number of this life and past life incidents to an incident where as a red Indian I was staked out under the desert sun for some days. I survived this `test', proving myself a warrior. This incident explained numerous upsets this lifetime whenever I had to `prove' myself or `endure' things.

Sunday 13/9/98

8.6 Professions

Now pick various roles or professions that people can be in which might introduce some inhibitions in your communications. Pick things such as bosses, school teachers, policemen, judges, priests, salesmen, politicians, etc.

For each role or profession, individually, again write letters back and forth saying anything that needs to be said or has been restrained or anything along the lines of 8.1 to 8.4 above.

***T** - This process took a couple of days to complete, as I had to go back to work, where there's not even time to scratch. I communicated with two people in authority at work, with satisfactory results. I was able to see both sides for the first time, and I didn't resort to abusive language to get my communication across.*

Tuesday 15/9/98

8.3 Social - ...here you should include embarrassing experiences...

***R** - For this process I wrote a one-page letter expressing general disappointment with society generally. The reply letter appeared to come from my father and made me realise I was reacting to society's `conservatism'. There was no more reall charge in the area so I went onto the next process.*

8.4 Desires - ...especially things that you are reluctant to express...

***R** - My short letter for this process brought the quick realisation I often provoked negative reaction in others with my choice of conversation material - often way beyond their acceptability/reality level (ghosts, past lives, immortality, telepathy, etc). The reply letter took the form of the `human' viewpoint and explained the `duty' of humans to look after each other (hold each other down/prevent revelation of knowledge, truth, etc) by preventing spiritual realisation. Very enlightening!*

8.5 People - ...can include parents, children, spouses, lovers, close friends...

R *- Did a couple of letters on this process which resolved quite nicely with the reply cycles.*

8.6 Professions

R *- Same with this process.*

8.7 In a Crowded Place

Now go to a crowded place. Each of these steps is done until you feel good about it. If you do have trouble with this, do each step for a little while in rotation rather than bogging down on a particular step.

8.7.1 Spot individuals and imagine something you could say to each one. It can be outrageous or non-sequitur.
8.7.2 Spot individuals and imagine something that you would be willing to have them say to you. Again it can be outrageous or non-sequitur.
8.7.3 Spot pairs of individuals (not necessarily related or in conversation with each other) and imagine something that you could have them say to each other.

R *- This process raised my awareness from the level of terminals (people/bodies exchanging information) to that of lines (the connecting theta/energy lines between the terminals) so that I could almost `see' lines connecting people. I then realised a brilliant `speaker' (famous actor/orator) would have great control of these lines, from one line to one other person (but where millions in the audience could `listen in' to it) to controlling hundreds or thousands of individual lines to each person in a large audience.*

Thursday 17/9/98

8.8 Real Freedom

This is the final process for this chapter. Do this until the last of the inhibitions blow and you feel that you can communicate freely. The three commands are done in rotation. The emphasis is on spotting things that you are willing to talk about, but you shouldn't be avoiding anything.

By this time you should be up to pushing through any remaining barriers by pure decision, but if something seems to hang there as a real inhibition that wouldn't release, you can put this process aside temporarily and do some more letter writing on the area of difficulty until it is handled. Then go back and finish this process.

The commands are:

8.8a) What would you be willing to say to another?
8.8b) What would you be willing to have another say to you?
8.8c) What would you be willing to have another say to others?

***R** - Rather unexpectedly this process revealed an ARC X of long duration so I decided to handle it with ARCU and CDEINR. This went earlier similar to an incident of being tortured by an Arabian princess, which has come up a number of times. This time I had the HUGE realisation why I'd had so many unaccountable conflicts with seniors (parents, managers, captains, teachers, etc). I recall my father indicating I had a problem with `superiors' which seemed a statement of observable fact but made me very upset. Now I know the correct item is `seniors less intelligent than myself'. I felt half of my time track smooth out after finding this (right) item.*

Having dealt with that upset/serv fac I continued the process and found the whole tone of my answers was now positive, communications from others being things like `You just won the lottery', `How come you're so lucky?', `You're kind of special, different', and so on. I figured that was a bloody good result and that this process had indeed delivered a much higher degree of `real freedom'.

8.7 In a crowded place

***T** - Sat opposite a person on the train and felt good about the first two processes straightaway. There was a bit of innuendo happening because there was an attraction. I also chose a person next to me who obviously possessed a different attitude. The process went well regarding this person also. The third process was not easy, and I had to work for a good result. I chose individuals and predicted their communication because of their appearance and manner. This was very successful.*

Saturday 19/9/98

8.8 Real Freedom

***T** - This was a good win. I realised that I would be willing to tell another yucky things about me or anything. I am willing to have another say anything to me (especially **R** when he needs to give me a kick in the pants). I would be willing to have another say to others the truth.*

Summary

***R** - Phew, that's another chapter done! Again the personal results, case gain, etc far exceeded my expectations. My only regret is not enough others are taking advantage of this path to self realisation with the Pilot's book.*

*However, my initial intention was to have a clearing technology that would work on people with no prior experience in this area. I wanted this for my partner, family, friends and others as well as myself. Well, **T**'s results are proof that the Self Clearing book is even more than that. In fact it has been effective on **T** despite much earlier lack of interest and much counter intention. I'm sure many experienced clearing practitioners would agree that this is not supposed to happen and is quite a plus point for The Pilot's work*

*I am very pleased with **T**'s progress. Her improvement in all areas is noticable and life together is more interesting and enjoyable these days. The telepathy factor is there most of the time now. We voice each other's thoughts quite routinely as we do a lot of things together such as jogging, swimming, tai chi, shopping, and so on. She really enjoyed some of the processes of this chapter, laughing out loud, very uptone, etc. As you can see below, she is even contributing to the chapter summaries now!*

T - My knowingness has increased *(I know when I need feedback before it's due). Also,* ***my communication is better*** *(this is the first addition to a chapter summary that I've made). I have just sent a letter to* ***R****'s parents for the first time, even though I have known them for almost four years.*

(End Self Clearing Diary Ch 8)

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Self Clearing Diary

Chapter Nine

'More on Communications'

Our aim is to inspire others towards enlightenment via self clearing

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Now that we have knocked down some barriers to communicating freely, its time to look at the mechanics involved in communication.

In its simplest form, communication is a projection of something from a source point to a receipt point. In some respects, we could even think of all particle motion or flows of energy as being communications from one location to another. But here we are interested in communications originated by a living being, and this has the special aspect of being created and projected here and now at the will of the originating individual. This is special because much of what we perceive is old stuff that is continuing to bounce around.

There are many useful things that we can address here and we will take them up one at a time, doing some drills as we go along. Even a small amount of work in this area can significantly improve someone's life because it is such a major part of our interaction with other people.

The Pilot's Self Clearing book - Chapter 9

Monday 21/9/98

9.1.1 to 9.1.6 Projecting intention

The simplest and most powerful factor involved in actually getting a communication across is to project or intend the communication across the distance and into the spot where you want to deliver it.

Interestingly enough, the words and mechanics are secondary to the intention itself. You can say the wrong words and people get what you mean if your intention is strong enough. You can whisper across a noisy room and be heard by your intended recipient. Strange and wonderful things can occur as you develop skills in this area.

On simply reading the drills given here, they might seem silly or trivial. They are not, but you will need to try them to understand the effect.

***T** - I selected various items. I could really feel the differences with voice projection and felt good with each one. I made up a word to use a substitute for "hello". I felt the intention of a greeting. I then used various words and still felt the intention of a greeting, strong and warming. I shouted hello at various*

objects (testet on R first). I felt a bit like a cockatoo. Then whispered hello to other objects, maintaining intention. I then projected "hello" into objects silently. This came fairly easily as I am friendly by nature. Struggled with "thank you" back (I have a lot of charge on pretend/imagination) and was not able to complete this process.

Tuesday 22/9/98

9.1.1 Projecting intention

Pick an object in the room and begin saying "Hello" to it out loud. Notice the point in space into which you are projecting each hello. Intentionally aim some of them to land in front of or behind the object and to the right and left of it. Then focus in and have the hello land right in the center of the object. Pick another object and repeat this.

Concentrate on getting the hello into specific points under your control and with awareness of where the specific point is that you are projecting into. Continue this until you master projecting your intention into specific points.

Note that here we are using the active rather than the passive definition of intention. In other words, this is in the sense of intending something to happen rather than contemplating one's intentions or motivations.

***R** - Though I've done heaps of communications processes over the years within Scn I really enjoyed doing this process because it was totally self-determined. Felt a bit self-conscious at first, saying `hello' to objects around the house (because one doesn't normally do that). Then soon I was happily saying hello to everything I could see, having the hello land in front, behind, and then right in the center of each object, specific points, etc. I was still doing it when **T** arrived home from work so I sent a big hello to her through the wall - which she received - so decided that was a good result.*

***T** - **R** created a new process for me with my pretend/imagination problem. It is "Look at an object and think of something it could say to you if it could talk." This process was very successful (tested on a key and a lid from a tin of salmon). Looking at items, I can now see their mest (life) whereas before I had taken it for granted. I can see how objects "fit in" or "belong" in their surroundings.*

***R** - Yes, when **T** again said she had a problem `pretending' that objects gave replies to her `hellos' I suddenly saw a solution. It could have been anything from PTS to out-ethics, but that wouldn't explain why she was doing fine on the rest of the processes. So the process just popped into my mind to solve what clearly seemed a missing gradient for her. She couldn't imagine objects saying anything - so that became the process. `Locate an object - If it could talk, what would it say?' As you can see it worked beautifully. This validates an earlier win I had where I described attaining an ability to create a process to solve any problem.*

Wednesday 23/9/98

***R** - Had a `spontaneous' cognition this morning. Awoke with the understanding that 1 + 1 does not = 2, not if you understand what as-isness is. If 1 was added to 1 (itself) in the same time and space, it would as-is. (Even science recognises two objects can't occupy the same space at the same time, for a human/earth*

example). So, there goes the importance of the entire subject of mathematics as far as I'm concerned. Which is a big relief - I thought I was inadequate because I couldn't see how I could master such a complex `science' (sines, cosines, logarithms, advanced algebra etc). Now I see it's only valid for this universe and for specialised purposes. And I now understand what LRH meant by `relative' truth.

At breakfast I further realised that the entirety of current (and past, and future) earth education was simply agreement with the physical universe. It is indoctrination/ brainwashing and results in fixed agreement with mest. It's hypnosis, a state of effect, being mesmerised by the apparency of existence. As I bombarded ***T*** *before breakfast trying to explain this to her I knew that daily self clearing was serving to unmock mest for me, to break the chains binding me to the physical universe.*

Thursday 24/9/98

9.1.2

Now rapidly look around the room selecting objects and saying hello to them, having the intention land squarely in the middle of the object each time.

If you feel that one missed and didn't really land in the object, then say hello to another object and then go back and say hello to the one you missed rather than struggling to correct your intention. In other words, keep moving along briskly in a positive manner bouncing back as needed until you are satisfied that you are reaching everything satisfactorily

R *- This went well, too. It was like being allowed to flex theta/intention `muscles' I've not used for quite a while. For instance when I did karate (years before discovering scn) I got annoyed with some kids making fun of the class from outside the gym. I ran to the nearest window, jumped up to the bars, looked down at them and sent a loud kiai (karate shout) at them. One of them turned white and froze with shock . Another one fell back onto the ground as if he'd been hit with a baseball bat, and a third one ran away like he'd seen a ghost.*

9.1.3

Now makeup a nonsense word and have it mean "hello". Say this word, but have the intention "hello" land in the objects.

Next, use random words that have other meanings, but say them to the objects with the intention that they mean "hello". Do this until you can decouple your mental intention from the verbalization and project an intention regardless of the sounds you are using.

R *- Did this until I had separated the hello from the intention. But I think I need more practice on this one, and I won't be happy until my intention has some observable effect on objects, as it did on people in the karate example above.*

9.1.7

T *- A guy who has abused my help previously at work came looking for it again today. The moment he approached my desk my intention was that he would have to obtain help elsewhere, and it worked. My*

communication was direct and unambiguous. The look on the guy's face was amazing. A fellow worker complimented me on the manner in which I handled the situation. It was the highlight of my day.

9.2.1

***T** - Performed this process on unusual items (mostly toiletries). I was very happy with being able to imagine the objects speaking (finally, thanks to **R**'s process), and I was able to precisely intend the response.*

Saturday 26/9/98

9.2.2

***T** - I did this process with obvious differences between acknowledgments.*

9.2.3

***T** - This process was performed easily (I'm still winning because I can imagine the objects saying hello).*

Sunday 27/9/98

9.1.4

Now shout hello at objects until you feel any barrier that you might have on projecting force has given way. Then whisper hello at objects while projecting a strong intention. If needed, alternate a few commands of each until you can maintain as strong an intention while whispering as you do while shouting.

***R** - Well, what a hoot this turned out to be! I told **T** this process was too noisy to do at home and I would try it in the car driving to the swimming pool (we go every Sunday). Anyway, I forgot all about it until we'd done our laps at the pool and were sitting in the spa. **T** reminded me and we decided to do it on the way back. Well, I wound the windows down and plucked up the courage to shout my first hello at a traffic light. It didn't fall down, the universe didn't collapse, **T** didn't laugh at me (too much) so I fired off a few more hellos. Then I got a shock as **T** joined in, shouting out of her window! Well, pretty soon we graduated from objects and did it on people! (Sorry, Pilot, we squirrelled your process!), creating responses from people across two lanes of traffic. I took a win on attaining the desired result for the process prior to losing my voice.*

Tuesday 29/9/98

9.1.5

Now project the intention "hello" into objects silently. The idea here is to get the intention into the object rather than simply thinking it in your head. Occasionally say hello out loud to the objects a few times and then go back to the silent intention. Continue this until you can maintain the strength of your intention even if you are silent. As in all of these drills, you project your intention into individual

objects, hitting precise spots

R *- Attained first cognition after about 10 hellos. I continued through `effort' until I noticed I could have my `hello' just appear within objects without any resistance. After about 20 more hellos I became aware of the actual impulse of energy created by my intention! This was brief but so real it rehabilitated my purpose to eventually move/levitate objects. I realised I had attained a new level of communication with objects, and a better gradient than trying (and failing) to actually move objects.*

Then I realised I had attained a further separation of the word/ thought/ energy/intention package, creating a pure energy impulse. I realised that's all a `hello' was/is. It's simply an energy impulse to prompt a reaction in another person (or object). I then realised why I sometimes fail to get a response from others - I'm just not reaching them with my intention. Which of course explains why I can't move objects - I'm not reaching them either. There were further realisations involving a time when I was knocked down in karate by a lower grade student. As I withheld my impulse to kill him with a kick to the temple (which he was wide-open to) I was angry because he thought he'd `beaten' me. My impulse to kill/ not kill was felt by everyone in the dojo because they stopped sparring and looked. An instructor quickly came over and separated us and my partner was given a quick reality factor on being more respectful to students from other schools who can be more highly skilled than expected by the belt they are now wearing in their `new' school.

9.1.6

Pushing in one direction can be tiring. Communications and intentions do not have to be two way, but they are more comfortable when they move in both directions. So, to balance this a bit, intend "hello" into each object silently and then imagine that it is saying "thank you" back to you, with the intention moving from the object to you. Continue this until you feel comfortable. Note that it is actually you who is providing the intention on this returned communication.

R *- This process quickly made me more aware of my end of the communication cycle. I realised of course there should be a return of the original impulse, and realised I chronically ignore/not-is/resist this effect on self (which explains a lot of unsuccessful communication in the past!) by being too fixated on creating an effect `out there'. Sort of a must have on cause and a can't have on effect type of thing. And of course `that which you resist you become'.....*

9.1.7

Try these things in everyday conversation, saying things with a strong mental intention and also experimenting a bit with not putting any intention behind what you are saying or putting out a different intention than the words you use. Notice how people react and see what you can observe. Note that very strong intentions tend to be commanding. Also note that people often feel non-verbal intentions but choose to ignore them.

If you get very good at this, you can sometimes make a waiter or waitress jerk or turn around with a silent intention, but they are so good at ignoring shouted cries for attention from customers that ignoring a silent intention is very easy for them. Even if you can see them react, they will make a point of not responding. You will find, however, that you can often catch their attention with a whisper across a noisy room and they respond best to this because it's novel and it gets around the heavy mental

shields they have built up against being continually pushed around by the customers. The lighter the touch, the better the reaction.

R *- Over the next few days I became aware of an increase of intention in, for example, placing my communications in the centre of a person's head. Although I haven't had use for it yet I feel more confident about reaching another person across a distance without `spraying' sound/intention over a wider area than necessary.*

Friday 2/10/98

If somebody is determined to get a communication across, they keep pushing and repeating the communication until they see that it has been received. If their observation is poor, it is hard for them to see that the communication was received unless they are given some sort of acknowledgment for the communication.

Furthermore, many things that a person is doing or creating compulsively or automatically are old attempts to communicate something which were never properly acknowledged. And in the course of everyday conversation, the communications will often go smoother if there is some acknowledgment back and forth as well as originated communications.

There are many things that you can say to acknowledge a communication. Sometimes you only wish to convey that you heard it and other times you might also convey agreement. Note that you do not have to agree to acknowledge something. The person can at least be made to feel that he has gotten his message across. To acknowledge, you might say things such as "Good", "Fine", "Thank you", "I got that", "I heard that", "All right", etc....

9.2.1

Imagine objects in the room saying hello to you and you acknowledge each one by saying "Thank you" out loud. Put the acknowledgment precisely into the object as in the intention drills given in the previous section.

R *- Wow! I've just read through this process and realised this was/is a missing link in my communication skills - a complete and utter blind spot! Verbally I have no communication problems but silently (theta com) I now realise it was totally on automatic, if it was occurring at all (unless handling in-session entities telepathically of course). What I mean is I suddenly realise I can now confront others and silently acknowledge them, for example whenever a verbal response is inappropriate. Lack of this ability has contributed to my downfall as a thetan, etc.*

And I hadn't done the process, yet! Okay, so as I'm doing this one I further realise I've got a tool to maintain order in my space for the first time in a long time! It's the `stop' in the cycle of control (start/change/stop). And because I haven't been ending cycle on so much stuff (energy flows/postulates/circuits etc) it's been piling up on me for eons. Mmm, this is actually a chronic spiritual ruin originating in something I was unable to acknowledge (you could say confront - but that wasn't quite the right indication and so it didn't as-is) long, long ago. So now I'm alert for what I've been doing/am doing to substitute for that missing acknowledgment.

If one is as alive as one can communicate, and you divide comm into start-change-stop, then this process has restored acknowledgment, a missing one-third of my aliveness! I now have more control over my own and others' impulses, and it feels like a logjam is clearing. One hour later I am still cogniting. And I realise I was always taught to say thank you, but not to get it to reach the other person. Had time to do further processing but wanted to savour this win for the rest of the day. As I looked around at people in the room I could see who was in the middle of a thought process and felt I could acknowledge that for them if I really wanted to.

9.2.4

Have objects say hello to you and practice acknowledging (out loud) with various attitudes of approval or disapproval and also doing a few pure acknowledgments occasionally. Continue until you master this and then finish off with some pure acknowledgments.

***T** - I was able to get the required responses (good and bad) as well as "thank you". I'm happy with my results with intention and communication. Two weeks ago my communication wasn't heard in a crowded bingo room. Today it was. I'm finding this chapter a little boring and can't wait to get back to writing.*

Tuesday 6/10/98

***T** - I did this process, practising partial and full acknowledgments. I now understand the difference between a partial and a full acknowledgment.*
***R** pointed out the areas of my communication which have improved, and those that require improvement. I was grateful for this input.*

Thursday 8/10/98

9.2.2

You can acknowledge with too much force, not only ending the cycle of communication but also putting in an extra push that can overwhelm the person you are talking too. You can also acknowledge too weakly (not an encouraging half acknowledgment to get the person to talk more, but simply too weak).

Have objects say hello to you and practice over and under acknowledging them, doing a few with too much force (shouting or whatever) and then a few that are too weak, and then a few correct ones. Go through these a few times until you master this and then finish off with good acknowledgments.

***R** - After one command I realised an under ack does tend to generate a repeated communication from the other terminal. After two more commands I realised over-acking can easily make others unwilling to communicate.*

9.2.3

Now have objects say hello to you and acknowledge them silently.

***R** - Discovered communicating with objects is a lot easier than communicating with people. Also that the comm I was putting into objects reflected earlier unsatisfactory comm with people, which then tended to resolve as I realised what the errors were.*

9.2.4 (acknowledge with attitudes of disapproval, etc)

***R** - Numerous cognitions 1. people react to such attitudes by resenting/resisting such communications in various ways. 2. too much approval can generate suspicion. 3. the ideal acknowledgment duplicates the tone of the person acked. (Read about all this along the way but it's quite different to discover its truth for oneself!) 4. an attitude is an additive to a communication and tends to provoke a further comm. 5. a common human strategy is to adopt an apathetic tone while greeting so as to invite inquiry/ communication/sympathy from others.*

9.2.5

Now practice partial acknowledgments as follows:

Have an object say hello to you. Give it a partial or leading acknowledgment which encourages it to say more. This could be a normal acknowledgment said in a leading manner or even a questioning "umm..?". Then imagine it saying "The weather is nice" and give it a full acknowledgment. Pick another object and do the same until you have this mastered.

***R - 1**. Realised we can often tell when someone has more to say so partial acknowledgments are common and automatic. **2**. With some people a full acknowledgment actually prompts immediate further communication! I had charge on this (from invalidating my acknowlegments), but then realised they needed others' acks to end cycle on their comm so they could get to the next stuck comm they had lined up. Such people can't ack (some of) their own comms and are dependent on other people to do it for them. **3**. all comm is originated because of something (goal/implant/ARC X, etc), then I continued spotting how I could have handled some recent communications much better. **4**. the `don't touch' think has really reduced me/my beingness. On this process I rehabilitated the to-ing and fro-ing, the ebb and flow, of communication, the putting myself out there, expanding my beingness, reaching...I realised it was okay to `be' there, or `be there' as well as `here'.*

9.2.6

Now try this in everyday conversation. Again, experiment a bit and observe the results.

You can often defuse troublesome situations by acknowledging very fully and absolutely while not saying or originating anything else yourself. Handle everything, even questions, by continuing to say something like "thank you very much, I really understood what you said" in a strong and confident manner. Each strong acknowledgment tends to end the action that the other person is putting there and they keep having to start all over again.

This trick of continuing to acknowledge without originating works great as a defense against salesmen. Don't depend on it in high violence situations, but it does work sometimes, use your judgment. As for policemen, it might sometimes get you off with a reprimand instead of a traffic ticket, but don't expect it to derail somebody who is intent on doing their duty.

***R** - Just contemplating this process rehabilitated many wins and gains previously achieved from communication processes/drills over the years. Realised I'd been up and down the tone scale when communicating, eg apathy, anger, games, postulates, for example, depending on where the other person was, etc. A major major win using acknowledgment was when I broke a number of road rules some years ago, overtaking cars stopped at a stop sign `becasue they were too slow' and turning onto a freeway. Then I saw why they were so cautious - there was a police car opposite and I saw it was full of senior police. I decided there was no point being effect, that it was `a fair cop', that I was completely responsible for breaking the rules, etc and stopped my vehicle without being pulled over by them. I got out as the police car rushed towards me. A big one got out yelling about did I know how dangerous that was, etc. I mean, I knew I was gone so that's what I said. I told him he was damn right, it was completely irresponsible, I should lose my licence, there was no excuse, because it was completely true and I fully agreed with him, I was a menace on the road. Then he said don't let it happen again, walked back to the car full of police and drove away.*

I could hardly believe my good fortune. But my driving had been totally causative so I didn't feel guilty about that. I had decided to break some rules and was quite happy to be fully responsible for that. And I recalled one of LRH's stories about his being involved in a multiple car accident (no one hurt) with the drivers all blaming each other. As I recall the tale, Ron told them that it was his fault because he had been watching a girl walking past. This ended the argument and they dispersed and drove away.

9.3 Putting it all together

Let's wrap this up with some practice at asking a question with intention, getting an answer, and acknowledging the answer. For this we need live people and a simple gimmick to provide an excuse for asking an inoffensive question. The easiest way to do this is to do a survey. Get a clipboard and attach a notepad to it. If necessary, practice writing on it while standing up. It will be easier if you look and dress professionally or in an appropriate manner depending on the location and the questions used. Make up a pair of survey questions. "What was the last movie that you saw?" and "Did you like it?" will generally work fine as long as they are appropriate to the place where you will do the survey.

When you ask the question, you need to be interested in hearing the answer, so try to use a question that you can work up some enthusiasm for. And remember that this is a chance to learn a bit more about people. On that basis, you should have some real interest in hearing what they have to say. This is good practice for getting along well at social gatherings, because people like it when somebody is interested in what they are saying.

You might as well do this as a real survey and actually total up the results afterwards. This will ensure that you actually write up the answers properly (people will find it annoying if you don't) and you will know the results and be able to answer smartly in case one of the people surveyed sees you again later and asks. Also, this might make it a bit more fun.

If anybody asks, you can say that you are doing this for a course that you are taking. Psychology students, marketing students, and students of statistical analysis do these kind of things all the time. There is no need to pretend to be doing an official survey for some company. Go to a crowded place. Select individuals, go over to them, and ask them if you can ask them a survey question. Acknowledge the answer, and if they are willing, go ahead and ask the first question, acknowledge it, and then ask

the second question and acknowledge it. Write down the answers. Thank them for their time and move on to the next one.

If they have a good bit to say, you can encourage them with partial acknowledgments. If you try to give somebody a strong acknowledgment too soon, they will feel that you are trying to stop them from communicating or that you didn't get what they are trying to say and they have a tendency to repeat themselves and talk on at great length. This is called a premature acknowledgment. Try to avoid doing it and when you do, live with the consequences. You goal is to cleanly hear a full communication and acknowledge it at the right moment with the right amount of strength to properly complete it.

If they originate something else instead of answering, let them say what they need to, acknowledge it fully, handle it if necessary (they may need the time or directions), and repeat your question. If somebody proves troublesome or dangerous, handle with acknowledgments and gently disconnect.

R *- Both I and* ***T*** *had some back-off on doing an actual survey in order to practice what we have learned so far. But then I came up with a good compromise, something we were both interested in and would feel honest/comfortable about asking others about. As we are looking to buy a new property we should both feel interested in where people where we work live and how they get to work (eg train, bus, car). I didn't want us to dodge doing this process altogether, so I had a win on coming up with this.*

Sorry, Pilot, we didn't actually DO this process. But as soon as I decided (but reneged later) to `do' this process I realised that having a purpose (e.g. doing a survey, promoting Amway, etc) immediately/ automatically puts one at cause in a conversation, just as the above process puts one at cause.

Summary

R *- This from a recent email of* ***KB:***

`However, I have found that the Pilot's Self-Clearing book is filling in a lot of the blanks, and satisfying that "incomplete" in me. I prefer the self-train, self-clear approach, because I frankly don't trust anyone else with my "case", and I think cultivating a culture of self-sufficiency is vital to the survival of this planet.'

R *- Here are some remarks I made after completing chapter 6, but which didn't go into that chapter. But I think it would be applicable anywhere so I've included it here:*

I've found the Self Clearing book quite brilliant. It highlights areas of a being's existence, one after another, clearing confusions and aberrations, re-aligning goals and purposes in a spiral of ever-increasing survival attainment. Daily self processing keeps one's head well above the muddy waters of life. It keeps one focused and in a constant state of increasing enlightenment..

(End Self Clearing Diary Ch 9)

Back to Diary Chapter 8 Diary Contents On to Diary Chapter 10

Self Clearing Diary

Chapter *Ten*

'More on Communications'

Our aim is to inspire others towards enlightenment via self clearing

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There are two categories of duplication which we are interested in at this point. First is being able to duplicate an action, in other words, to be able to do the same thing over again or have the same thing happen again. And second is the ability to duplicate what is being communicated or to duplicate another's viewpoint on things. Both of these are important, and both commonly suffer from similar ailments.

The person, having suffered from undesirable incidents, becomes reluctant to have these things repeat. Eventually, he generalizes and associates too much and develops a general reluctance to have things happen again. Furthermore, we have lived many many lifetimes and in some of those we have been slaves and made to do repetitive tasks. This is quite distasteful and so we have a further reluctance to duplicate or repeat things. Also, during the long course of our existence, we have been tricked into believing that duplicating another's viewpoint too well would lead to loss of identity and individuality.

In actual practice, duplicating is an important and necessary skill. It always works to our advantage. You need to duplicate to communicate and perceive. You need to duplicate other's viewpoints so that you can get along with them. You need the ability to duplicate actions to maintain and expand those things that you desire to keep around. And you need to duplicate undesirable things, at least briefly, to bring them to acceptance and fulfillment so that they can be dismissed.

The skill is always useful, and it has been blocked and entrapped continually as we have come down the ages foolishly warring with one another.

The Pilot's Self Clearing book - *Chapter 10*

Monday 12/10/98

We will start with a simple process. Run these commands alternately.

10.1a) What would you be willing to have happen again
10.1b) What would another be willing to have happen again
10.1c) What would others be willing to have happen again

***R** - After about 10 answers on this process (while glibly thinking I'd be willing to re-live most of this lifetime) I remembered something that had come up in session many years ago during formal CoS processing. It was a detailed recollection of approaching the maternity ward (as a thetan) to obtain a baby/my body at the start of this lifetime. My pre-birth `mockup' was clearly Marcabian (black boots, uniform - very similar to the Nazi mockup) . This was almost impossible to `believe' at the time, but I just told this to my auditor adding I felt I'd been sent to explore `ways out' or `escape routes' and report back at the end of this life. It was actually then that I realised I owed a greater allegiance to Scn (for providing access to that knowledge) than to Marcab, and that I was in fact betraying Marcab by revealing that information, etc.*

Anyway, I didn't really know what to make of stuff like this back then because there was nobody to talk to about it, just LRH's references to it (which is why I am very pro tech and pro LRH). With this process I saw why I'd had so much friction with my mother this lifetime. She was (inadvertently) opposing my Marcab `mission' . I then saw I'd had a `problem of long duration' with her because of this. I thought this was a good result for the process until I suddenly realised it was a GPM. The Marcab mission was an implanted goal and mum was the op term. After 20-odd years of Scn this is my first reality of a GPM. Bruce Springsteen's song comes to mind - `Born in the USA'. However, my words would be `Born, with a GPM'.

Wednesday 14/10/98

***R** - Feeling strange after reading some alternative freezone (Michael Mourer's Animal Mind) stuff on the net. Realised I'd been ignoring entity handling. Printed out relevant Self Clearing chapter (**38 - Entities and Spiritual Fragments**), read through it and dealt successfully with a number of entities currently in restimulation. Had a number of cognitions as a result. That night, awaking from dreaming, had the revelation that (all?) dream personnel were probably entities.*

Thursday 15/10/98

***R** - Very sore feet from jogging. Did **1.3 Applying the Attention Process to the body** (I call it **OT Touch Assist**) which reduced the pain by about 70 per cent and brought a reflexology related realisation after 10 minutes so I left it at that.*

Monday 19/10/98

10.1 Willingness

***T** - I'm finally back into the self-clearing after a really tough time of things work-wise. **R** suggested that he run through the **Correction List** with me, just to make sure that I'm ready to begin this chapter. I decided that the last chapter was overrun. I had trouble beginning this process with "what would you be willing to have happen again". After consultation with **R**, I decided to change the command to "what would you not be willing to have happen again." I came up with slight accidents this lifetime. **My realisation was that myself and others are not willing to have things happen again but are forced into it through implants and by not taking responsibility to ensure things don't happen again.** Also, not postulating enough perhaps ("I suppose I'm not willing to be a girl again"), and then being stuck with it. I then tried the process without the word "not", but by this time I felt I'd had a good win (as well as starting to sound like **R**).*

Tuesday 20/10/98

10.2 Book and Bottle

Pick two dissimilar objects. A book and a bottle will do. Place them a few feet apart on a desk or table. Pickup the book. Notice its weight, temperature, and color. Put it down in the same place. Then pickup the bottle. Notice its weight, temperature, and color. Put it down in the same place.

Repeat this over and over again, but do not repeat it as an automatic action. Instead, strive to do each one as if it was the first time you did it. We are trying here to break the habit of dragging the past into the present and to overcome the tendency to put repeated actions on automatic. There is nothing really wrong with putting something on automatic when you choose to, but you should not do this compulsively and you should always be ready to take back control. You are quite capable of doing the same action again and again without going mentally numb. And if you can see each cycle of a repeated action as a new action instead of an accumulating weight, you can break hypnotic effects.

The skill gained here is powerful, so it is worth some time even if the action itself seems silly. It works best if you don't vary the action but simply do it precisely again and again. Continue this at least to the point where you can do it over and over again without any mental numbness, tiredness, or fatigue. The idea is not to do self hypnosis with this but instead to do the opposite, learning to break a hypnotic pattern by doing each repeat as a new action in a new unit of time. If you continually inject fresh consciousness, you can remain alert despite any attempts to hypnotize you.

R *- When I did this with CoS in 1978 as one of the objective processes I experienced exteriorisation with full perception, looking down on my body and that of the person running the process on me. It only lasted a couple of seconds and of course that was the end of the process because exteriorisation is one of the goals of processing. I can agree with, I think, Homer Wilson who said something to the effect that this common result was in fact the only way to escape/end the endless monotony of the session. But this was `out the top', not `out the bottom'*

(UPDATE JAN 2001 - As I see it now this is how we end the session called `life'. And `heaven' and `hell' depend on an ability to be cause or effect)

I now suspect it may even have been the viewpoint of an entity blowing off because the urge to leave the room or blow session was almost totally overwhelming and I would not have been able to do it without a trained processor running the commands on me. As I endured/persisted (the way out is the way through) something had to give, and after what seemed like an eternity (couple of processing hours) suddenly I experienced this exterior viewpoint of the small room and our bodies standing there. Whatever `blew' I had definitely been the effect of for eons. Even now I shudder to think where I would be without that process and that session under my belt.

So although I did not feel I needed to do this process again, I was also curious to see what would happen this time. Also, as ***T*** *offered to run me on it I thought, why not? So, in between correcting her (reminding her to acknowledge each of my communications during the process, not evaluate or add things into the session) I had a number of cognitions throughout the process. I was eventually happy to observe/realise my mind was like a prism, accepting the single flow of her words/commands then `refracting' them to*

appopriate parts of my brain so as to comply with the process. I was also very pleased to coach her on giving her very first session!

Wednesday 21/10/98

R** - Shortly after arriving at work a woman made an invalidative remark that annoyed me (as she had done it before and looked like doing it again). I decided to handle it as a rudiment, and thought at first it was an ARC X, but on reflection decided it was actually a PTP. It went earlier similar quite easily (for two pages) and eventually I was again recalling the start of my time track. I realised that all my problems (with others) had one common denominator - me. The only reason I'd ever had problems was because I was `there', because I existed, and that my existence occured as a consequence of `resisting' life, the universe and everything. When I wondered why the hell I was resisting, why I was continuing to exist despite everything, I cognited on Factor 2 - **In the beginning and forever was the decision, and the decision is TO BE.

This was my very first realisation to do with The Factors. They were simply interesting data up until now. Also I now understood the essence of the Buddhist `All existence is suffering', and the idea that freedom can only occur with the cessation of `self', etc. and to paraphrase the immortal `I think, therefore I am', I would say `I am, therefore I have problems'. I recognise now my original decision to have a game and my earliest opponents were matter, energy, space and time, but not necessarily in that order.

I was so blown out from this that I decided not to get upset on the train going home if someone had their feet up on seats. Sure enough two `louts' had their feet up. With difficulty I controlled my hostility and sat down so they were behind me. I immediately decided to try admiration to deal with them, although this was exactly opposite to how I felt. I closed my eyes and beamed admiration out in a 360 degree radius from my head. Ignoring their swearing and general loutish behaviour I beefed up the admiration, determined to win. The admiration automatically focused in a beam from the back of my head directly to the two louts and I got a mental picture of Luke Skywalker and Darth Vader duelling with their light sabres.

I clearly saw my beam of admiration as a use of the `Force' and their behaviour as a manifestation of the `dark' side of the force. As I recognised this as a game I knew they would lose, and they did. Their loud manner and swearing petered out and they became quiet. Another passenger sat next to them and their feet came off the seats. They remained silent until their station a few stops later.

*(**R** - **Important** - Update 27/10/98 - the woman at work who invalidated me (see above) was actually reprimanded by the boss (for talking too much) and moved to another desk - fairly extreme discipline at our office!)*

10.2 Book and Bottle

***T** - I started this process yesterday, having taken it to a "flat point". This evening I did it again, with **R** giving the commands. Although I felt a little sluggish, I was able to continue, being able to laugh and having the feeling that I could continue no matter what.*

Wednesday 21/10/98

10.3 Mental Version of Book and Bottle

This might be too tough, in which case you can skip it and go on to the next process below and leave this one for a second pass through these materials. But the effect is so interesting that it would be a shame to leave this one out of the book, and it is best done right after doing the physical version above.

You need to have done the physical version to the point where you do not experience any tiredness or dopey feeling from repeating the action over and over again. Otherwise its just too easy to fall asleep when you try this mental version.

Close your eyes and mentally create a room that is not connected with or located in the physical universe. You can do this by imagining that there is a point in a new space completely disconnected from reality. Then extend the point into a line and the line into a wall. Create six walls (including the floor and ceiling) formed into a room. Now mockup (visualize) two tables in the room. Put a book on one of them and a bottle on the other. Have the book float up in the air. Notice its weight, color, and temperature. Then have it float back down. Then do the same with the bottle. Alternate these back and forth as in the physical drill above.

If you continue this long enough, your mentally created mockups of these objects will achieve some degree of solidity and you will begin to feel "weight" as you lift them up and lower them down. This is the desired effect, namely, that you can mentally create mass and weight and solidity when you so desire

R - *The space I mocked up for this process immediately became `real' in that I felt it had actually existed a long (long, long) time ago. I deliberately made the bottle pink so it would not be an old mockup, but when I made a pink book it insisted on being a `real' book (leather bound, old, dusty, white pages, with notations) . As I continued the process it became more real/solid distracting me.*

Decided to handle it with make it ***more/less solid*** *until I got the is-ness that it was a distillation/record of experience/spells from the `magic universe' which was `important' to preserve/pass on and that's why it was persisting. Also that as a diary/record it was an alteration, so it was persisting. There was a brief recognition that magician's/witches `familiars' were simply entities. I then got to thinking about the Book of Thoth, Egyptian mythology, etc and wondering about a connection with the magic universe, then decided I was getting too speculative/unreal and went back to the process.*

I cognited that the `weight' of my bottle depended on the density of particles I postulated into it, and I realised this process was the reverse/mirror of the physical universe book & bottle process. In the mest process one notices the weight/temperature/colour that exists. In the mental version one has to create/ postulate those things in order to experience them. Took a break and decided to do more of this process later.

Friday 23/10/98

10.3 Mental Book and Bottle

T *- I needed* ***R****'s assistance with this one. I am still having trouble with pretending where things are set eg looking around a room and trying to change the colour of the walls.* ***R*** *gave me some commands which helped before we undertook the main process. I had to create a room around items in the garden. I could*

mock up the two tables, the book and the bottle, but I couldn't get them to float, so I had to "physically" do the process in the mock up. I was happy with the effort I put into it.

***R** - Yes, **T** thought she would not be able to do this process at all so we took it to a win for her. It's amazing to note the difference in our respective abilities. **T** has a fantastic ability to recall obscure information about sports, movies, politics, trivia and such (she has won competitions in this area!) yet has great difficulty with apparently simple mock-up processes. Whereas I often have problems recalling who is running the country, or what today's date is, yet thrive on the most advanced or obscure processes (see my Book & Bottle below).*

Sunday 25/10/98

10.4 Duplicating Others' Viewpoints

***T** - I was able to accomplish this process without too many problems. I chose an old man, a confused man, an arrogant youth, and an infant, all with different emotions. I was able to duplicate each emotion (numb, anxiety, hostility and fear). **R** suggested that I spend more time learning the tone scale, especially the actual emotions expressed on it, not ones that I think should be there.*

Tuesday 27/10/98

***R** - Continued **10.3 Mental Book and Bottle** until I was `playing' with the bottle and the book, flipping/ spinning the bottle up before slamming it down on the table. I realised I was getting a really good/ enjoyable/strong havingness on these items until it felt really really good. As I continued this `game' I knew I could lift both objects at the same time if I wanted to, or make the objects as big or as small as I wished/postulated.*

*Conscious of `altering' the process by `changing' anything I decided the bottle should/could be infinitely big. So I had both objects `huge to infinity'. Then I was surprised to notice the bottle was no longer in the mocked-up space but was now in the physical universe space of the room I was sitting in! (though not visible/real to physical eyes). **I realised this was the secret to manifesting objects in the physical universe.** This is an ability/siddhi I've searched/wished for since way back. As I write this it would seem that if one mocked up an object and postulated it was infinitely big/solid/coloured, for example, then it should manifest in the physical universe. (I've heard of Sai Baba, a spiritual leader living in India who can do such things - there is a website about him).*

Then I noticed that my mocked-up space had been really small (which is why the infinitely big bottle popped out of it!) compared to `real' space and was reminded of the big/small comparisons of Gulliver and Alice In Wonderland. I realise now one reason the bottle didn't actually manifest is that I didn't make it infinitely solid as well as infinitely big (details, details).

I mocked up a space again and continued the process, yawning, obviously overrunning heck out of the above wins but I felt there was `more'. Then my viewpoint of the space `unfixed' and I was lifting the book and bottle from above, then to the side, then as I was moving around the room/space. I realised I was able to do this by using the objects as anchor points. As I write this I realise this was an exteriorisation from my fixed viewpoint, just as I'd exteriorised on the original process back in 1978, and probably the exact same way I/we got stuck/arrived in the mest universe.....

10.4 Duplicating Others' Viewpoints

Now let's practice seeing how other people look at things. Go to a crowded place. Select individual people and for each one, try to duplicate their emotions and attitudes and get the idea that you are looking around with their viewpoint, seeing things as they would see them.

You don't have to duplicate them correctly. Its all right to make things up and duplicate whatever you can imagine their viewpoint is. You might get some telepathic sensitivity out of this and develop some accuracy at empathizing with others, but its not a requirement. All that you need at this point is a willingness to duplicate others. In practice, what you will probably get is a mixture of imagination and correct impressions. Your strength and accuracy improves with practice as long as you don't continually invalidate yourself for the incorrect imaginings.

R *- Had to address couple of considerations before doing this process. One was not wanting to draw attention to myself. Another was an unwillingness to `invade' the space of other people by duplicating their viewpoint. You know, entities are one thing but `real people'? Another was why would one do this except to gain an unfair advantage over others? Another was if you do this it proves you cheated and so already lost the game (of life). I simply noted these considerations and bagan. Firts thing I noticed then was the difficulty in duplicating another's viewpoint while they were looking at me!*

I then realised the overt of looking at others instead of sharing their viewpoint, in that just looking at them enforces the illusion of the physical universe/mockup upon them. As I continued the process I began picking up attitudes but often wasn't able to recognise them/place them on the tone scale. I noticed this was basically telepathic activity. Sometimes I would `see' the page of a magazine and then realise it was because the person was reading, for example. As I cycled through the viewpoints of one group of people my attention bounced back on myself when I got the viewpoint of a gay guy looking at me. I found the process fascinating. It improved my confront and added yet another skill to my OT repertoire.

Wednesday 28/10/98

This morning on the train goind to work I assumed the VP of an Asian girl talking too loudly. I immediately percieved she was looking through an entity which was distorting her viewpoint. I automatically did `What are you, who are you?' on the entity which soon realised that it was a representative of the Emperor's Imperial household and didn't belong with a girl on a train in a foreign country. So he departed and the girl immediately stopped shouting, to the relief of everyone in the carriage.

On another girl at work I immediately perceived she was looking through the VP of an entity but I wasn't able to handle the entity as I was too busy working. But it could explain her appearance which others find unusual in our work environment of business suits and ties. She seems comfortable with her extreme hairstyle, exaggerated swagger when walking, and very butch image.

Later I realised problems I'd had with some people in the past were due to their entities. One manager in particular regularly undergoes a complete change in personality, completely denying things said only hours or minutes before. She appears genuinly shocked/disbelieving when people say she has done/said certain things. I realised entities are a factor in FAR more matters than I'd previously expected. This

factor could explain many perception related problems such as why an individual `sees themselves' as fat/ overweight when they're obviously not, or why people continue to do things `out of character', and so on.

10.5 More on Others' Viewpoints

This can be done in the same crowded place as the previous exercise, or it can be done anywhere that has lots of stuff to look around at. Here you are going to think of people that you know or have known and for each one, imagine that you are them and look around with what you feel is their emotions, attitudes, and viewpoint. Look around for a few minutes, pretending to be them, until you feel that you have duplicated them.

Note that each one should be continued until you have no compulsive emotional or other reactions to it. Mostly people have trouble duplicating each other's viewpoints. But the opposite sometimes occurs as well and people get stuck in other people's viewpoints. Especially the viewpoints of people who dominated them on the one hand or who were desirable and then left on the other hand.

If some identity seems to be sticky and you have trouble discarding it at the end of the drill, then think of places where that identity would be safe until you can comfortably discard it. This process frees you up so that you can shift in and out of other's viewpoints at will. It is extremely beneficial.

R - *Not unexpectedly the first viewpoint I assumed was **T**'s. As I noted her extroverted attention it became apparent this was not entirely `natural'. I then perceived an entity enforcing this condition and decided to handle it (with what are you?/who are you?). I realized that the entity was contributing to **T**'s continual struggle with lower ethics conditions. Handling the entity I got its viewpoint locating **T** in the physical universe at that time, and then got that familiar ringing in my ears when something `blows' and decided to leave it there.*

Next was my brother's viewpoint. We don't get on well because our views on so many things are directly contrary. Anyway, something seemed to `blow' straight away and I didn't get very much after that, so I left it there.

Friday 30/10/98

T - *I really enjoyed this process. I began by writing down a person's name, their qualities, then assuming their viewpoint. The first person I selected yesterday was **R**. There weren't many `negative' qualities associated with him. It took me a little time to `warm up' though. I found it worthwhile walking like the person as well as acting as they do. I now understand why **R** `bounces' around all the time. My parents' viewpoints were challenging. My mother is very slow in her movements, is numbed by medication and is **always** making herself right. My late father was a physical time-bomb, very nosy yet anti-social and irritable. I really took on his persona walking around. There was no grief associated with Dad (and there hasn't been any for ages). Today I selected my older brother (who is very similar to my younger brother). He is hyperactive, funny, articulate, with always something to say. I felt a slight headache after `being' him. I then took on the `role' of a workmate. My body felt bigger, I made silly statements (believing them to be correct) and made a shit-eating grin. The last person I did was an ex-supervisor. This was difficult, as she is three times my size, but I felt that when I spoke it was **her**.*

Mon 2/11/98

***R** - Continued handling entities located previously - I've done this as a separate write-up called Jabba as it is more appropriate to the later chapter dealing with entities.*

Thursday 5/11/98

***R** - Continued on with **10.5 Others' Viewpoints** process as I felt there was much to gain. Startling revelations occurred with mother's VP. For instance I now understand what `**oblivious**' means, why I have dramatised it/used it as a service facsimile, and where I got it from, also that it means to **not-is**. A lot of childhood stuff cleared up with this VP and then I realised I was able to process the VP and as-ised the sympathy computation causing the obliviousness (`She doesn't know what happened, poor thing')*

*That was a really **big win** for me as it confirmed something I've suspected for ages, that we can actually handle each others' engrams/aberrations etc if we need to/have to.*

I continued the process, duplicating the viewpoints of various family members, friends, people from my past. (This covered about 8 pages of notes - I found it extremely helpful to write down what was occurring) I quickly discovered I was automatically processing these viewpoints where possible, much as you'd adjust the cushion/s when sitting down in somebody's house, or closing the door behind you, or picking up something fallen on the floor. It certainly aligns with my goal to free beings.

*As I continued I saw that some of my habits/attitudes/tendencies had come from these various viewpoints. I saw also that I'd resisted certain viewpoints I'd disliked in the past (people who'd made me effect of unwanted things, like practical jokes or blame/punishment) and this made me avoid being like them.This led to understanding what **no game conditions** means.*

Friday 6/11/98

***R** - Continued **10.5 Others' Viewpoints** to a total of 8 pages of write-ups. This eventually led to suspecting I was stuck in some kind of `unexistence' valence which I traced back to entry to this universe and some kind of entity/doorman. His/its job was to not-is anyone/anything not in the time stream. I then had a big realisation of what the Ethics condition of Non Existence actually meant, because to me this incident was the basic of all Non Existences! I literally did not exist as far as he was concerned until I went into agreement with the time stream of this universe - and vice-versa of course.*

*I was so keyed-out by this I was able to lecture to **T** all about the significance of Non E as it applied to ethics and life. Thank the gods we're doing `self ' processing, because `all auditors talk too much' and `never evaluate for the preclear' certainly apply to me!!!*

Tuesday 10/11/98

An old friend, Frank, comes over and begins self clearing.

Wednesday 11/11/98

***R** - Tried to continue with **10.5** because there were plenty of categories of viewpoints left to cover, and*

more I could think of, but I really felt flat/bored about doing more, so decided to go on to the next process

10.6 The Emotional Scale

L. Ron Hubbard charted out an emotional tone scale which he describes extensively in his book "Science of Survival". It is also discussed at length in Ruth Minshull's book "How To Choose Your People". It is basically a pattern of emotions that people tend to follow, moving up and down in sequence. It is not actually natural to a pure spirit who can, of course, simply feel any emotion without any pattern to it at all. But this scale is pretty deeply seated and we all seem to have been indoctrinated into it long ago in earlier universes prior to this one. So people mostly follow it and they seem to think more clearly and have a higher energy level when they are in the upper parts of the scale. The following is a highly oversimplified version of the scale. If you are interested, then see the above references and additional writings by Hubbard and others for more information, expanded and more detailed versions of the scale, various practical applications, etc. This, however, should be sufficient for our purposes here.

CHEERFUL
CONSERVATIVE
BORED
ANTAGONISTIC
ANGRY
COVERTLY HOSTILE
AFRAID
GRIEF STRICKEN
APATHETIC

To familiarize yourself with the scale and improve your mastery over your emotions, go to a crowded or interesting place as in step 10.5 above and look around with each of these emotions starting from apathy and working up to cheerfulness. On each emotion, spot things while feeling that emotion until you feel good about it. In other words, you begin by looking around apathetically and spotting things and feeling apathetic about them and think apathetically concerning them. Then look at them with grief, etc. If necessary, repeat the entire scale from bottom to top a few times until you can control this comfortably.

R *- In a room with other people I assumed the first tone given,* ***apathy****. Quickly realised how matter/ energy/space/time and bodies are ridges of* ***apathy*** *animated by life/theta, and that apathy was a harmonic of death. This cheered me up so I kept going with it and realised apathy was simply a lack of theta activity and that theta activity was attention units postulated/directed on one's perceptions and/or thoughts. Then I noticed the effort to create* ***apathy*** *disappear and I could do just assume/have it at will. So I enjoyed that for a while, finding it quite restful/relaxing. A few more cognitions such as impotence must be* ***apathy*** *related, etc. Then I realised I `use'* ***apathy*** *when the body is tired, sort of like `power-save' on a computer. Then realised I could no longer get `stuck' at the* ***apathy*** *level (since achieving Clear/OT years ago) although I used it when convenient/necessary but had not recognised it since* ***apathy*** *was considered `bad '.*

Did more ***apathy*** *as it was going so well. Realised I was `running-out' some* ***apathy*** *to do with a current situation and some past situations in life. Realised its relationship to sleep, and a lot of other things - it's a*

withdrawal of anchor points, etc. Then realised its role in meditation/hypnosis/relaxation, and that it was `up' for some people, `down' for others. Feeling quite happy about my ***apathy*** *so went on to the next emotion.*

The first thing I noticed about ***grief*** *was its effect on my breathing, and I notieced some mechanism/link to the eyes, throat and chest area. I then recalled grief from some childhood traumas, deaths of friends, etc. This produced a lot of yawning, after which I felt much better. Then I became aware of how I was creating the emotion and realised how we `enjoy' sad movies/songs as it purges our own grief. Then some more grief and apathy was restimulated and `ran out' and I had to leave it there.*

Thursday 12/11/98

R *- Started the day with some more* ***grief*** *as it wasn't quite finished yesterday. Had a few more cognitions then finally realised I can actually enjoy the emotion and that life is actually enriched by its existence! I know the Pilot says* ***`Spot things while feeling the emotion until you feel good about it****' but I would never have expected to feel good about grief. All I can say is* ***`Good Grief!****'*

With ***fear*** *I realised there was a world of difference between assuming it and being effect of it, for example if it is generated by an entity. Also saw that fear tends to pull-in/attract attacks; it's effect but it causes attacks?! Some fear `ran out' from incidents arising from years ago, especially doing martial arts. Also recognised a mechanism where someone (possibly unknowingly) starts a game (eg a covertly hostile remark) which upsets another who then gets angry so the perpetrator retreats down to fear. Realised I was no longer effect of such games.*

Covert hostility *was interesting. I saw it was more common than I'd thought, often called playing/teasing/joking/stirring and used to start a game/communication. Fun if you're winning but devastating for a person already too much effect in life. I spotted a time I'd learned to hide the fact I'd caused something so as to avoid punishment, and a time I lied so as to make another wrong. That was an act of* ***covert hostility*** *which I've regretted most of this life. I saw how we can do something (at Action) or postulate something (at Postulates) then dive down the tone scale to experience/feel the effects we've created.*

Friday 13/11/98

R *- Continued* ***covert hostility*** *(process 10.6) realising I had a fear of consequences associated with it. I saw that it sees others as targets/victims. I saw I often feel/use it with people who have let me down. Being angry with them would upset them, and too tough/high for them if they're at hopeless/useless. Realised it was a harmonic of failure, one reverts to it after failing to do/control something. So now I understand how failed artists (LRH's reference?) can become covertly hostile critics. Also saw blame as a harmonic of* ***covert hostility****. Of course the optimum solution to all this is to renew/persist with one's purpose and not agree with failure. I knew `tiredness' was the result of failed purpose, but now I saw that `chronic fatigue syndrome' had the same cause. One descends down the tone scale becoming more and more solid/slower and meeting more and more resistance/opposition from the physical universe.*

Being ***angry*** *led to a lot of realisations of the truth of things written by LRH such as anger is a `stop', etc. I stopped creating this emotion when other people around me became angry and started shouting at each other.*

Antagonistic *produced realisations that it equals challenge, barristers use it in courts when cross-examining witnesses, security and police personnel tend to use it (too much) producing altercations with citizens, and of course any two groups can be* ***antagonistic*** *to each other, such as Christians and Muslims, Yankees and Giants, etc*

Boring *was difficult to do because doing any self processing is so interesting! However I noticed the tone of the whole room become lighter as I moved up this emotional scale. Discovered a number of things about* ***boring*** *including how deceptively effective/powerful this emotion actually can be when used to control others and situations! I had thought it was a `neutral' emotion and therefore weak, but it is in fact deceptively powerful in it's ability to control other people at lower emotions and bring down people at higher levels.*

Cheerful *was nice and I recognised it as my usual social tone level (and my father's) when winning in life (most of the time in self clearing, jogging, swimming, work, social activity). Realised the promise of future be/do/have is what keeps me uptone in life whereas many humans are inevitably pulled down by each other and the MEST universe.*

Decided to do ***postulates*** *(higher up the scale) because I definitely wanted more control over this level and it's always intrigued me. Again experienced lots of realisations. Saw how this level pertains to* ***games*** *which is just below it. Understood better the difference between players, pieces, and broken pieces relate to* ***games.***

Monday 16/11/98

R - Postulates *continued to produce lots of interesting data so I kept going with it. Then I came to the fantastic realisation (for me) of why this was on the (emotional) tone scale! You know, twenty-odd years of scn hadn't revealed this to me. Of course I knew the datum that a thetan can* ***be*** *anything. But a I thought a postulate was something to* ***have****, not something to* ***be****. So here I actually experienced being at the level of* ***postulates*** *and realised how easily one can identify with a postulate, such as `I'm a smoker' and then never being able to unmock/as-is that postulate. As I write this and share/explain it to* ***T*** *I gain more knowingness and experience a profound sense of freedom from emotion/freedom to be anything I postulate.*

I decided to do ***games*** *next, though it's the next one down from postulates. As i write this I now see how one is immediately down into a* ***game*** *if one has made a postulate such as `I'm a smoker'. Because there exist non-smokers, and people like myself and* ***T*** *who are anti-smokers. Anyway, doing this level I saw my childhood as an accumulation of losses in the various* ***games*** *such as getting/winning a girlfriend, being the best pupil, as well as the usual* ***games*** *of cricket, football, etc. I'd give my right (thetan) arm to be back there now with what I know now! I saw how my be/do/have had been limited since babyhood and a lot of other things. I saw how I lost the willingness to play* ***games*** *and became a `broken piece'. I saw how I descended from* ***action*** *on the scale down to my dad's* ***cheerful****. I see there exist the* ***games*** *of `getting a job', of `buying a house', of `annoying one's brother', of `letting someone else answer the phone', of `pretending not to hear the first time', of `being too sick to go to work', of `I'm not playing games - I'm serious', etc. I see that clearing techniques restore ability to once again experience existence at the level of* ***games*** *(and beyond). I see that anyone who says life is not a game is simply not able to see/reach/ understand this level of the scale. They are actually not-ising* ***games*** *and have become a broken piece.*

*At this point I suddenly postulated/created a technology of how to achieve, and called it CAUSEology, with CAUSE as an acronym: **C**ommit (to your goal) - **A**sk (for it) - **U**nite (with it) - **S**avour (enjoy it) - **E**nd (acknowledge your achievement and decide what you want next). This led to further clearing up of this area of the tone scale and how it related to cause and effect. I actually had an identification of cause with effect, a crashing misunderstood on cause. Then I realised that **serenity** is in fact cause - by default! Certainly if one is not opposing things occurring then one is allowing them to occur. Which I realised was up to `contribute to' on the Havingness scale. But I couldn't get that it was cause so I persisted with **serenity**, noticing how calm the people were becoming around me. I saw that **serenity** would be accepting everything currently created - the bad and the good. Then I realised one's cup is always half full at this level, not half empty. For example yes, this criminal is `bad' but at least he didn't kill anybody, or yes, he killed three people but now he is in police custody. In fact I went on to extend the half-full analogy. At **serenity** one's cup can appear to be empty (no Mercedes, no house, no job, no legs, whatever) but in fact one knows it is always full. It is more than all just all that is - it is all possible things, which adds infinity to even that. That's what I didn't understand before. I assumed serenity was equal to all that existed, which of course is a finite state. Whereas it's the infinity of all possible beingnesses (which opens the door to all possible doingnesses/havingnesses). Mmm, `Thus open the gates of heaven...' as the Zen story went. Therefore I was not-ising/limiting the greater part of my own Beingness. I also realised the `magic' of childhood was a manifestation of **serenity**, the expectancy/belief that anything (infinite possibility) could happen, like at Christmas or being with a special friend or relative.*

Tuesday 17/11/98

***R** - Continued **10.6 The Emotional Scale** - getting great mileage out of this! I saw that **serenity** was hard to have/be as one compulsively **postulates** things and plays the **games** of life. Had a bunch of further realisations and discovered **serenity** must also be the ability to have/not have. This led to the astounding realisation that my chronic problem with havingness was actually a problem with **not havingness**! I decided this was a good time to end off doing the emotions and I created a process to solve my not havingness problem.*

Wednesday 18/11/98

What are you able to not have?
(A self created process)

***R** - Purchasing a house recently it became obvious I needed to address the subject of (my) Havingness. I've had a problem with this for many years, ever since a Scn (public) OT said `You have a problem with havingness, don't you!' I clearly recall feeling very upset/frustrated when this was said but powerless to resolve it at that time.*

*Now, thanks to skills developed doing this self clearing I can identify exactly what my problem actually was (and still is). Furthermore I am able to create a process to address that very problem. A vital clue came from one of LRH's phrases `...the ability to have or not have at will...'. And then when **T** pointed out that I was more willing to accept a substandard property than one in good condition I saw the pattern throughout my life. Well, then it became obvious that my problem was actually with the ability to **not have** - that's where the charge was! I was unable to **not have** substandard houses we were inspecting, and I had `always been that way'. When it looked like we were going to be stuck with a `lemon' I knew I had to do something NOW.*

I knew one had to process towards an ability, so it became obvious the process should be `What are you able to not have?'. Well, my answers filled five pages and I discovered the following -
1. Days, weeks, etc are periods of duration separating occurrences of Havingness
2. A mental image picture is a substitute (see Havingness scale) for a thing when one can't have that thing
3. Therefore any mental picture is a `can't have'
4. Which is a safety mechanism to prevent one from experiencing complete loss (Any have is better than a no have and a picture is better than nothing)
*5. Real ability to **not have** would be ability to uncreate/as-is/destroy/vanish something completely*
6. ARC with something makes it difficult to not have it
7. It's easier to not have/vanish something from one's own space/universe knowing it's still held in place by the agreement/s of others

Thursday 19/11/98

***R** - Continued **What are you able to not have** with following realisations -*

1. Monkeys (we used to have one) are more tactile than us because we rely more on words for communication
2. Words make/unmake agreements/realities which causes change/shifting of havingness
3. Childhood is training in what one can't have. (That's how mine seems after running this process)
*4. A **can't have** tends to create a **must have** (Try telling a kid he can't have an ice cream or he mustn't touch something!) (Or the rapist's belief/assertion that `no' means `yes') (Or the increase in smoking as the labels/cautions (`Smoking Kills', `Smoking Causes Lung Cancer', etc) get stronger)*
5. Power would be ability to say no to anything (Christians ask for God's help to do this - `Lead us not into temptation')

*At this point I regained (I've experienced/felt/used it before but not recognized it) the **ability to not have something/anything at will**. I wrote `Boy, it **does** feel powerful!'. As I type this I see that this is because by not having to have something one is free to maintain one's position in space, which conforms of course to Definition 2 of Power in the Technical Dictionary. This also resolved my crashing misunderstood idea that Power was only the ability to **have** stuff. And I recall a Baba Ram Dass (Richard Alpert - Be Here Now) quote `When you can give it all away you can have it all'. And this (according to the Bible) is what Jesus during his 40 days in the desert was able to do when tempted by the Devil.*

Further realisations included -
*1. `Enlightened' could be seen as `less burdened' which would be the ability to **not have** things/mest*
2. Siva (The `Destroyer' of the Hindu trinity of gods) represents the ability to not have/destroy/as-is
3. One needs ability to not have anything (lies, problems, ARC, etc as well as matter, energy, space, time)
4. Blew the identification that want/desire = can't have. I'd had this since childhood because (almost) everything I'd wanted/asked for I was told I couldn't have, and of course I resisted/fought this like crazy.

*I was then able to **not have** a house we had paid hundreds of dollars to have inspected and had actually decided to buy. When we saw the problems revealed in the inspection report **T** and I were able to see the money as well spent rather than a loss, and were able to tell the agent we had changed our minds about that property. After looking at further houses we were able to have one of a far better standard, i.e. not flood prone or an asbestos hazard, etc.*

Tuesday 24/11/98

Summary of Chapter 10 - The Duplication Factor

***R** - It might seem obvious to you, dear reader, but I've only just now realised that our `summary' at the end of each chapter should in fact pertain to the subject of the chapter! It should reflect a DUPLICATION of the content of the chapter. I now see that some of my summaries may have been non-sequitur and feel rather stupid about it. However, I can attribute my newfound knowledge to an increase in the ability to **duplicate,** which **is** the subject of this chapter.*

*A **major ability** I've DUPLICATED from self clearing is the ability to actually **create** clearing processes. Of course **Create** is at the TOP of the Havingness Scale. While others **waste** Self Clearing we were able to **Have** it and **Contribute To** it with this diary and be **Responsible For** it until arriving at **Create**.*

*Creating processes is a skill of no small genius. Without it, clearing cannot occur. CoS continues to make Hubbard `source' and the `only one' with this ability. I am extremely grateful to **The Pilot** for the increased **freedom** this ability provides. The chronic **scarcity** of processing I endured for years in the CofS was replaced by **abundance** when I first stumbled into the free zone on the internet two years ago. I thought THAT was the ultimate but it was only a new beginning. This ability puts one at Cause even over that.*

*However, why **waste** the distilled wisdom of those with more experience? I only stand on the shoulders of others, and there is the principle of flowing power to power. My purpose is to help the greatest number and the Pilot seems to be doing that.*

*The article **Sourceness** by Curt Daniel Ducker (IVy magazine #39, November '98) talks about the sense of Freedom I am experiencing, and includes this scale:*

Freedom
Source
Case Supervisor
Auditor
Preclear
Case

*He goes on to say: **`Ron didn't write the last words on things. He opened doors and wrote introductions. It is up to you to discover and apply truths and refinements' and `Freedom is really off the scale. You can prime the pump and grant yourself freedom and sourceness to get your main act up and off the scale.'***

*Here is an extract from an email sent by **T** to a colleague recently:*

`My life turned around when I met R. He tried to introduce me to all sorts of clearing processes, which I successfully rejected for the first few years. For the last year I have been doing self-clearing. The easiest way for me to explain how it has affected me is to tell you the skills I have picked up. I can now swim. I can now play piano. I can now juggle. I have better communication and awareness skills. I still have day to day problems, but these are much easier to deal with. If you're willing to put some time and

effort into bettering yourself, by whatever means, the results will follow.'

Sunday 29/11/98 - Post Script

R - *This morning driving to the swimming pool I shared with **T** some further realisations about **games**. Then in the pool as I played my weekly game of `Look how good I am (especially at my age) doing twenty laps complete with racing turns' I realised how in fact every part of life and livingness was a **game** and even decided to make a list to show I'm not being glib about it. (Update 20/1/99 - okay, I haven't made the list yet so I maybe I was a bit glib).*

*After our swim, over coffee and cookies, I dived back down the tone scale to enthusiasm and we talked some more about **games**. **T** said she understood `piece' and `broken piece', but what was a `player'? What was the difference between a piece and a player? Up until then I had not known the difference either. Then suddenly I got the difference!*

*A player **knows** he is playing a **game**. It is a **knowing games** condition. A piece, for example, is someone in a **game** (possibly someone else's) which they **don't know** they are playing. For example, Jack **plays** the drug smuggling **game**. He is a player. He hides drugs in Jill's luggage. She knows nothing about this **game** but she is a necessary **piece** in Jack's **game**. (Such a role is even called `pawn' in recognition of its parallel to the **game** of chess). If Jill gets caught she can become a **broken piece** in the ensuing drama. But Jack is much harder to catch and can continue to play his **game** with other **pieces**. Great movies are made about **pieces** or pawns becoming **master players**. Cinderella is the classic game story of a pawn becoming a Queen.*

R *- UPDATE - JAN 2001 - Reading the above Post Script I'm thinking what has this `games' stuff got to do with the subject of this chapter of Duplication? Then I realised that doing this chapter had improved my Knowledge, Responsiblity and Control, abilities to play life's games.*

(End Self Clearing Diary Ch 10)

Back to Diary Chapter 9 Diary Contents On to Diary Chapter 11

Self Clearing Diary

Chapter *Eleven*

'Exteriorization'

Our aim is to inspire others towards enlightenment via self clearing

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This chapter might be too advanced for some beginners. It needs to be presented as early as possible because some students will bump into this area after a small amount of processing. Also, an increase in spiritual awareness at this level can rekindle hope and wash away despair. But if it is too difficult, feel free to skip it for the time being and go on to the next chapter. In that case, you should come back to this one and do it after you have done a few more chapters and feel ready.

At the ultimate level, you are pure thought, a nothingness with the capabilities of creation and consideration. Our existence stretches back before this universe, and therefore at basic we cannot be composed of or dependent upon matter or energy. Although many metaphysical schools concern themselves with astral or energy bodies, the more advanced schools recognize that these also are not the pure spirit but simply less physical constructions that are used by the spirit much as it uses the physical body.

Again contemplating the ultimate state, one would not have a physical location because one existed before there were any universes to be located in. The idea of being located in some specific area is more of an agreement and a convention rather than an enforced fact. The spirit can be anywhere it chooses to be and can be all pervasive if it so desires. But we normally play the game of life by operating from specific viewpoints.

One can be in the body or out of it. One can be outside as a pure viewpoint while leaving most of one's "stuff" in the body or one can pull most of the "stuff" out as well. Astral walking type practices try to get a person out with a lot of their stuff. Early Scientology, on the other hand, was more interested in exteriorizing the pure spirit so that it could think and operate without the impact of all the body's energy fields. Anything like an astral body was seen as just one more thing to get out of.

In those early days, Hubbard decided that the word "soul" had too many connotations. It is sometimes considered to be an energy form. It is sometimes thought of as something other than the person himself. Similar problems occur in using the word "spirit", with much arguments occurring between different spiritual practices. Therefore he coined a new term to describe a pure thought unit. He chose to call this a "thetan" based on the Greek letter theta which is sometimes used to represent thought.

Early Scientology worked to exteriorize the "thetan", meaning the person himself as a pure thought unit rather than exteriorizing the person in an energy body of some sort. The pure spirit or thetan is you yourself and is capable of all actions and operations including creation and perception. However,

we have long since decayed to the point where we are dependent on the physical body for our sensory input and our operations in the physical universe. Without a physical body, we fall back to using an energy body of some sort, and depend on that for our perceptions and operations. That is the usual condition of somebody between lives or astral walking or engaged in some other out of body experience. But these non physical bodies are generally weaker and further decayed than the meat body and the sensory and operating capabilities are usually unsatisfactory.

Therefore, Scientology undertook as its goal the rehabilitation of the thetan or pure spirit itself to the point where it could perceive and operate without the need for any bodily construct of any sort whatsoever. This hypothetical end goal is referred to as an "operating thetan" or OT. Later Scientology became sidetracked. There were many other things that needed to be figured out and addressed besides this point of exteriorization or the development of OT abilities. To a large degree, they never got back to the earlier material in this area. But we will take a more balanced approach, working things both from the spiritual and the human sides.

The Pilot's Self Clearing book - *Chapter 11*

R - *Reading the Pilot's introductory data I find it consistent with everything I've come across in Scn. It rings true and I know I am stuck on/in being* ***something*** *and not yet able to be* ***nothing,*** *or too stuck on* ***having*** *while not able to have just* ***being****, though I know that is the goal/way out.*

Thanks to this further data I realise we have degraded so much we are unable to even ***conceive*** *of nothing, let alone* ***be*** *nothing. We have identified with a* ***something*** *(body, viewpoint, whatever) for so long it has become a habit, an addiction.*

Wednesday 2/12/98

R - Background Data - *I've actually `tried' this, that is spiritually going in and out of things, over the years with little result, so I wasn't expecting miracles. Also I was up against some earlier exteriorizations which had left me very wary of being anywhere except safely in my head.*

The first exteriorisation occurred during a surgical operation at age 11. It was only years later during routine running of this engram that I discovered I'd actually exteriorized from the body, forced out by the poison of the anaesthetic. I had looked down on the butchery for a short while then wandered off somewhere, eventually waking up hours later in a pool of blood after the operation and the drug had worn off.

My next exteriorization occurred after taking LSD in 1974. One minute I was sitting there with a girl on my lap, smoking a cigarette. The next minute I was one of a group of three Buddhist monks in a state of deep meditation located in a space co-incident with the space in the room. Talk about a butterfly dreaming it was a man and/or vice versa! I now totally agree one should never take LSD. At least not with a reactive mind. I KNOW what Chuang Tsu meant, now. As I write this I now see that an entire lifetime is in fact only one viewpoint. So it was a case of scarcity of viewpoints, in that I knew/believed I could only have one viewpoint/body and so sacrificed the monk one to regain my `current' one. Now I understand the importance of remedying scarcity of viewpoints!

Anyway, under the influence of the drug I was that monk once again and no longer `me' in 1974. In fact,

as the monk I had never ceased being the monk. Which was not a problem until I, the monk, became aware of the existence of the `me' in 1974, at which point I was pulled out of my blissful meditation and back into `reality'. The remainder of the drug `trip' was a nightmare of apparently re-experiencing various past lifetimes. Of course I didn't understand that at the time.

My third exteriorization occurred during my first parachute jump with the Army. As we marched out of the plane with one hand on the shoulder of the guy in front I was in terror but determined to go through with it. If others could do it then so could I. Next thing I know there's no longer anybody in front of me and I can see out of the back of the plane and I see a parachute opening. I assume it's the guy in front of me but when the chute opens I suddenly am in that body and looking up at that chute because it's mine and it's opened and I know I'm not going to die then.

The fourth one occurred doing the `book & bottle' process while in CoS in 1978. I don't know how long I was doing the process for, maybe an hour or so. Then suddenly I'm looking down on my body and that of the auditor. It only lasted seconds but there it was again, exterior with full perception.

Since the book & bottle process there were numerous `minor' exteriorisations resulting from routine Scn processing and training. I say `minor' because they usually occurred unnoticed at the time because there was no disruption of my normal/bodily perceptions. For example I visited my parents' home once (shortly after completing OTII) and while alone in the house became aware of a `presence' which made the hair on my head (never very long) actually stand up, just like in the many ghost stories I'd read as a youth. I realised that my body was in terror but I was at mild interest, curious to know what/who was in the house. I `knew' it was downstairs and when I went down to confront it I noticed I was actually about three feet behind the body although still using the body's eyesight, etc. I was in fact hiding behind the body, using the body as a shield to confront whatever was down there, making it walk ahead of me. I mean, it was still terrified so whatever it was must/could be dangerous!

Anyhow, the story of meeting my grandfather's ghost and processing it/him is a separate write-up but I mention it as it was another exteriorisation. As soon as I recognised the source of terror as `granddad' the body immediately calmed down and I was back in my head.

Exteriorisation on a different scale marked the completion of my Purification Rundown. On that occasion as my body remained sweating/suffering in the sauna room `I' felt calm and causative and suddenly found myself exterior to the entire physical universe - a most rewarding, satisfying, illuminating, spiritually affirming, long sought-after experience worth all the suffering, sacrifice, etc., and not at all to be confused with the actual drug turn-ons or restims/trips which had ceased days previously. I had now experienced being `out of it' from both ends of the scale and it confirmed I was heading in the right direction (OUT!).

Later

***Frank** comes over for his third self clearing session. It's so easy helping someone else to do Self Clearing! I've given him copies of chapters 1 and 2 so he can do stuff at home but he says he never has time. Anyway he wants to get straight into the processesing and he's up to chapter 2 so he reads aloud the first part which is some basics on processing and the overrun phenomenon. Then he does the first reach and withdraw process on his mobile phone. After about a minute he starts laughing out loud with his wins.*

Friday 4/12/98

11.1 Interiorization and Exteriorization

The biggest bug that plagued the early Scientology work on exteriorization was not figured out until much later. It is that the person, while exterior, can sometimes snap back into the body with some force because he has been startled, scared, or otherwise surprised. This gives the person mental charge on the subject of "Interiorization" and may subsequently make it harder for the person to exteriorize again. Of course a pure spirit consists of nothing and therefore would have no impact, but in practice the being normally will be carrying around at least some "mental" matter and energy which can impinge on the body's own energy fields. The impact of interiorizing can in some cases be great enough to give the body a headache.

Since running processes will gradually release the barriers that hold a person trapped, the person will have a tendency to expand outward from the body as they advance through these materials. It therefore becomes important to proof one up against this interiorization problem so as to avoid ill effects if one does exteriorize and then snap back in again. This can easily be drilled by causatively interiorizing and exteriorizing from large masses such as nearby mountains until one can confront and control interiorizing.

In drilling this, we do not want to pull your normal viewpoint, machinery, energy bodies or whatever out from their usual positions. Instead, we will take advantage of the fact that a pure being is never really located in the first place except by his own consideration and we will take advantage of the fact that you can operate more that one viewpoint at a time. This means that you can leave everything in place including your normal operating viewpoint and create a second viewpoint and use that for our drills.

How do you create a viewpoint? It is very simple. You simply pick a spot and begin operating from it. You don't move from the previous viewpoint or pull anything out of it, you simply add a second viewpoint. We have already done this to some slight degree with the more advanced drills that were given in the first few chapters. We mentioned remote viewing, but that is to some degree a misnomer. Really its never remote from you, only remote from the body. You are always to some slight degree located where ever you are viewing from. And you can view from multiple places simultaneously.

And now for the drill itself. Pick a hill or a mountain or some other very large thing which you have at least some familiarity with and don't dislike. Don't use anything too close to the body (don't use the building you are in or the mountain that you are sitting on) because you don't want to pull things from the body or be pulled into the body at this stage. You want to establish a separate viewpoint and that is easiest to do when there is adequate space separating the viewpoints. It also helps to connect with a significant amount of mass, which is why we are picking a large object.

Now close your eyes and imagine that you are looking down at the mountain or whatever. Imagine interiorizing into it and then exteriorizing from it. Actually do this in your imagination, going in and moving out, over and over again. When you first start, this will be pure imagination. But as you keep looking and moving and connecting with mass, you will gradually establish yourself in the new viewpoint. At some point, you will get some real perception. It may be vague but it will feel real. This establishes the new viewpoint and it will remain as long as you continue to use it and move it around.

You can bring these into existence and discard them at will. There is no limitation or price in terms of energy or any other reason to conserve or worry about these.

The first time this happens, the win may be significant enough that it would be an invalidation to continue the process, in which case you can end off and take a break or maybe move the viewpoint over to another mountain and continue running the process there Eventually you need to continue running this drill past the point where the viewpoint is established so as to practice interiorizing and exteriorizing an established viewpoint. Do this until you feel comfortable about going into and out of things. Note that your usual viewpoint will still be established with respect to the body. You have more than adequate physical mass and all sorts of mental constructions there and it doesn't dissolve just because most of your attention is somewhere else. But you will probably have the "volume turned way down" because most of your interest and attention will be with the new viewpoint that you are drilling with.

R *- Thought of using the Pyramid (in Egypt) for this process but I decided there may be too much significance involved. Then I thought `Why not?', so I started using the Pyramid but immediately got the urge to use the Sphinx instead and did that. I immediately got the impression I'd become the Sphinx and was looking out from its eyes and realised that `going into' something means `becoming' it and that's how we began with meat bodies. Then I got an/the answer to the `riddle of the Sphinx' and it was that, at least on earth, man has become an animal. Or, more accurately, spirit has become a meat body. As I continued going into and out of the Sphinx I realised why some people freak out when putting their head under water - it's a restimulation of an earlier going into something, which may have been a body going under water but could have been (as a spirit) going into something solid like a wall, or a body. The feeling was exactly the same!*

Then I realised the `truth' behind the common expression `Sorry, I was miles away'. When people say this then they probably were! During the process it sometimes felt like I was there in Egypt, and sometimes that the Sphinx was `here' in the room with me, very vague but somehow REAL. Realised my ARC for it had grown to where these things were real for me. This was exactly as the Pilot had said `You are always to some slight degree located wherever you are viewing from'. So I was both there and here. That led to realising how `crystal gazing' worked. The crystal ball is simply somewhere to locate/view a remote viewpoint.

A whole lot of amazing things occurred as I continued the process, such as noticing a golden sarcophagus in the upper centre of the Sphinx. Abilities developed such as the ability to be the whole of an object (Sphinx) or just part of it (the head) simply by expanding or reducing my awareness/space, and permeating rather than moving as a fixed (view) point. And the ability to agree/disagree with the barrier/ exterior of an object. For example, by considering the Sphinx `solid' I could expel myself from it (because I normally consider myself somewhat solid/something rather than nothing), whereas if I consider the Sphinx insubstantial then I can be `in' it.

Then I got a bit of a headache and realised there was some mass I'd been taking with me (in and out of the Sphinx) that was now `solid' and causing pain. When I `looked' at the mass I saw it was an entity showing me a large compressed cube of metal (much like a vehicle crushed into a cube by those machines). This had to be handled so I did it straight away. With my current spiritual knowledge it was obvious this incident/mass/entity had remained with me because I had failed to admire him/it. This was from before this current physical universe. Anyway, I had considered the cube to be just a `load of junk'.

From my viewpoint today it was obvious I had invalidated him because I would not do that now. In fact it was junk which he had collected but he had created an art form with it. He was actually trying to show me that yes, although it was junk it could be made aesthetically pleasing so that it COULD be admired and therefore as-ised. That way all the debris/junk left by beings could be gotten rid of/cleaned up. I failed to understand. To me it was just junk and I could not see his `solution'. I did not `get' the message. I missed the point. In fact, it became a crashing misunderstood symbol and was the point where I decided/ knew that mest was bigger than I was. I have been rejecting/refusing mest and therefore effect of it ever since.

Viewing this incident I had a huge realisation about the legendary `Philosopher's Stone' and the ability to turn base metals into gold. It is the ability to have/see everything as `gold' no matter how `base' it actually is. I mean, how else could one as-is anything? ANY considerations about something is an act of rejection/ resistance of that something and therefore it persists. So I failed to confront/accept/as-is his metal cube and made him wrong, and have been not-ising stuff ever since! Also there was the consideration I wasn't supposed to as-is another's object/creation/havingness. Then that led to the huge realisation that my attitude to those early beings was exactly opposite to my present auditing one! If I had those experiences now I would automatically act to free the beings involved. My game is different now. And I realised I am as trapped (in mest) as I remain in agreement with those early beings/incidents! This was a big breakthrough for me and a radical shift of viewpoint. These were agreements with somethingnesses I've had for eons. No wonder I can't agree with nothingness. These were hidden/unsuspected agreements with mest that have held me down right up to now. I agreed with players in the mest universe game and so became one.

I handled the entity with the NOTs technique - process 38.4 which exposed further entities. I will probably write this up elsewhere as it is incidental to this chapter but some unusual realisations came out of it. One was the `purpose' of Christmas presents - to make people want/have mest/objects, that Santa is an anagram of Satan, that Christmas pageants are probably dramatisations of Incident 1 (introduced in Ch 36), that Santa's original sleigh was a Marcabian space vessel and other Santas were sent to other planets, the earliest form of `death' was simply a dissolution of one's viewpoint, that being there and communicating are overts because they validate others being there and communicating, which keeps everyone stuck in mest by agreement, that mest has become more important/real than spirit/s until we are no longer aware of spirits/entities and the overts we commit on them (by ignoring them/failing to grant them beingness/not freeing them, etc) which of course keeps US trapped.

With one entity I saw back/through to his/our origin in/as the static. ***I realised the whole mockup (physical universe) is in effect a `lie' held in place by not-ising the static. Everything and everyone traces back to the static. This whole thing is just an illusion (as has been said many times by many others previously)****.*

Saturday 5/12/98

R - Totally keyed-out/exterior the entire day. *Was able to `have' to some degree ultimate reality/static/ theta when I realised it entailed accepting its `nothingness'. Up until now I had been alter-ising the static, postulating it in various fashions as being heavenly, or golden and warm, or a brilliant whiteness, or anything/something rather than `nothing'. I've never felt so good for so long. Marvellous experience. At one point I was laughing at the absurdity of utter simplicity of a backdrop of nothingness upon or out of which everything manifests. It became obvious that if one were able to confront/have nothingness then of*

course one would no longer be dependent on the somethingness/s of existence. I could write forever about this experience. I also recognised I had actually experienced this on my LSD trip but did not recognise it for what it was. I just reacted against it as a threat to everything I knew as `reality'. So now, most of all I appreciate that I can finally experience it under my own steam, at will, and with a bridge of knowledge/ understanding with which to guide others.

Sunday 6/12/98

11.1 - Interiorization and Exteriorization

***T** - I tried this before, a week or so ago. I found that choosing a mountain was a little difficult (I felt like the gopher in "Caddyshack"). I chose the family car and was able to be in and out with little difficulty possessing no shape.*

11.2 - Some more drills

Now establish a viewpoint by interiorizing and exteriorizing from a mountain or whatever as given above. Once you feel some reality and orientation in this secondary viewpoint, go on to the next step. Look down at the mountain. Imagine that you have a sort of ridge or sheet of invisible mental energy in front of you, A sort of standing wave or energy screen. Decide that you are firmly anchored in your position above the mountain. If necessary, you can visualize some kind of brace or support which holds you there.

Now take the energy ridge and push it into the mountain and pull it back out while maintaining your position. Repeat this over and over, in and out until you can get some sort of tactile sensation from the mountain as you push the ridge into it. Next push the ridge into the mountain and leave it there to help anchor the viewpoint. While keeping this secondary viewpoint anchored and in place, shift back to the primary viewpoint that you use to operate the body. Open your eyes and look around without letting go of the secondary viewpoint. Now shift back to the secondary viewpoint and look at the mountain. Then back to the body and look from its eyes. Shift back and forth a number of times until you feel comfortable about shifting.

Now look from both viewpoint simultaneously. You will find that the body has a much higher level of volume, but if you put enough attention on the secondary viewpoint, you can keep it from being totally swamped out (although it will probably seem much diminished compared to when you had your eyes closed). Hold this for a while, experiencing the duality. Do this until you are comfortable and then for a bit longer. If you have real trouble, repeat the previous step of shifting back and forth.

***T** - I chose the car again. I found it difficult to be suspended above it, because this meant I was off the ground. I mocked up a ridge and pushed it in and out of the car. I was able to get the sensation that the car was hot (from being in the sun). Then I shifted from this viewpoint to the viewpoint of me sitting on the floor, looking around the room and then shifting to the viewpoint above the car.*

11.3 - Looking around

Again establish a secondary viewpoint by ext/int as given in the first section above. This time, as soon as the viewpoint is establish, begin moving around and spotting things that are nice to look at. Move

over a city or countryside which you are a bit familiar with and continue to spot things that are nice to look at until you feel very good. Note that in this case you should move through space rather than teleporting around because it helps a bit to maintain a consistent viewpoint when doing a drill like this.

Of course you may be imagining a lot of what you see, but there will be some real component mixed in with the imagination. So don't invalidate yourself if you find that some things are a bit different. Until you are fairly far advanced, you will mostly be getting sketchy little bits of perception and imaginatively filling in the blanks so to speak.

T - *I established the viewpoint interior/exterior. I was able to move around by floating, which I did around the home unit. I moved suddenly while in this viewpoint and I felt something hit my head as I was lying on the floor doing the process. It was a strange sensation. I had reality on moving around this way.*

Later that afternoon, the kids from upstairs were playing with a basketball outside of our first floor unit balcony. The ball hit one of my pot plants, which sent it crashing to the balcony floor. Instead of reacting negatively, I walked out and the children were hiding. I asked one of the kids (a young boy) to jump over the balcony, which he did, and he helped me to clean up. There was no animosity, and one of the girls apologised. I was happy that I handled the situation so well, as the kids obviously thought that they were in trouble.

Monday 7/12/98

11.4 - Imagination

This one might be too difficult on a first pass, in which case it can be left for the second time through the book. The eastern mystics have said that "all is illusion" and they are correct. But there are your personal and private illusions and then there is the big shared common illusion that we call reality. Reality is real because it is held in common between us rather than being our own personal turf. Now let's do this drill with a privately created illusion rather than a real mountain.

Although you could just imagine a mountain, this will go much better if you consciously create a space first and then mockup a mountain within it. Begin by closing your eyes and visualizing a point that is not located anywhere in physical universe space. Just consider that the point is somewhere else, in your own personal place so to speak. Now stretch the point out into a line. Make the line fairly long because we want to have enough space for a mountain. Next, extend the line into a square. You could visualize lowering a sort of curtain from the line until you have a sheet. Then extend the sheet in the same way to form a huge cube.

Consider that this cube is simply pure space. Now visualize a mountain within it. Begin changing the mountain around and adjusting it, shifting around the colors and terrain until you feel that you are in control of it and you like the way that is it. Now do the ext/int drill with this mountain that you mocked up. Continue until you feel good and feel that you have a viewpoint well established in this space that you created for yourself. When you are happy with this, anchor the viewpoint by whatever means you feel is necessary and keep the mountain mocked up and then establish another viewpoint above the real world mountain (as in the first step above). Now you should have two secondary viewpoints. One above the mocked up mountain and another above the real one. Shift back and forth between them, noticing something nice about the particular mountain that you are looking at each time.

This may give you some very strange and disorienting sensations for a little while. Continue until you can shift back and forth comfortably. Then shift back and forth some more, noticing differences between the real and the mocked up mountain. This one can be carried forward to a significant change in perception and awareness.

***T** - I began this process with difficulty, so **R** helped me mock up a cube (which began as Rubik's cube at a factory to an invisible cube suspended in the room). I again chose a car, this time a red drag racer, which I was able to be interior and exterior of. I felt that this was a good win, so we left it there.*

***R** - It was a great win helping **T** using `mockup processing' which I had only read about previously. It fell into place just as I'd read how LRH used it on others. When **T** said she could not `create a space' I had her mock up a Rubik's cube, which she could do. Then I had her get the idea someone at the factory made a mistake in the size so we could have a bigger cube, etc until she was able to just mock up a space for the car. It actually seems much easier helping another with mock up processing than to do it oneself!*

Tuesday 8/12/98

***R** - Continued handling entities from earlier process.*

Wednesday 9/12/98

***R** - Continued handling entities from earlier processing.*

Thursday 10/12/98

***R** - Upset with **T** - felt like I wasn't being duplicated. Then I looked deeper and saw it wasn't `my' upset but coming from a `cluster', the gene/theta pool described above, so did more processing on it.*

Friday 11/12/98

***R** - Continued processing gene/theta pool (separate write-up).*

Monday 14/12/98

11.2 Some more drills

***R** - Far from complete on entity handling but it could go on indefinitely, so chose to continue with this chapter at this point. I used the Sphinx again to do this process and had an absolute ball - fantastic stuff! As I created a `ridge' and pushed it into and out of the Sphinx I noticed a slight restimulation of something but decided to persist with the process. Noticed `effort' at one point, then the created ridge seemed real enough to exist in the space of the room my body was in and I could move it around there! As I continued working with the Sphinx it felt like the created ridge had become my theta `feet'. Then I gained the ability to operate the ridge without needing to be `anchored'. Then I could have viewpoints at the sides and other positions while continuing with the process - what a clever thetan! Then the ridge became so solid it seemed like a thick platform - actually affecting the mass of the Sphinx. It felt gooey, viscous, and I realised this was at the energy/etheric level. Then it felt as solid as dropping a heavy wooden raft*

into water. Then the ridge grew to cover the whole structure. Then it became a rubbery sheet/web and I realised it would detect `invisible' entities. Then I noticed what was causing the restimulation at the start of the process, and what I had suspected then - got the impression of a comatose, mummified face.

I know there aren't supposed to be mummies connected with the Sphinx, but as soon as I acknowledged the above as an entity I got a slight somatic in my right leg. The entity appeared to have the facial features of a dog and I got the idea it was connected with Anubis, the so-called Jackal god of the ancient Egyptians. (Pretty far-out sort of stuff, but I go with the flow these days). Anyway, handled it and got the idea the name was pronounced An-nu-bis, as three separate syllables. Then noticed the irony if Anubis actually was connected with the Sphinx, in that he had a human body and animal head and Sphinx was the reverse of this.

Continued process (got idea there was/is an entrance beneath the Sphinx), really enjoying it and noticing my havingness felt like it had doubled. I was reminded of how as a kid I used to maintain a separate viewpoint of a favourite toy and enjoy viewing the toy from wherever I was. Of course I thought it was just a `picture' in my mind at that point. Now I realise it was actually a remote viewpoint!

The last part of the process was looking through the created viewpoint and the body's viewpoint simultaneously. Immediately realised how someone could experience `vertigo' or a feeling of falling if they actually have another viewpoint that is looking down from somewhere. I experienced it as I simultaneously looked down on the Sphinx and out into the room my body was in. Then I was able to travel/move with the secondary VP and that was fun! Of course it required extra attention units to operate the two viewpoints but I realised a next step would be to operate three, then four, etc. With this I realised `duality' wasn't too difficult after all.

11.3 Looking Around

***R** - Was already doing this at the end of the last process so decided that was a good win and no need to do more here.*

11.4 Imagination

***R** - Had a good win at the start simply stretching an imaginary point into a line. I didn't have that concept previously (so it's a new/regained ability), you know, a point was only a point, not a line. Also it's creating something out of nothing. I mocked up/imagined my Sphinx again and really enjoyed the increasing sense of reality as I did the process. Again I experienced the phenomenon of it suddenly moving from the mocked-up space into the real space where my body was located. And again I was able to view the mock up and the room simultaneously. Had a number of realisations such as space being the artificial result of separating viewpoints, and a number of abilities occur such as having the two objects in co-incident spaces and communicating with them simply by adjusting my attention.*

Wednesday 23/12/98

11.5 Healing

This may be of some help in getting the body feeling better. This doesn't generally cure things but can ease pain considerably and encourage the body to heal itself. You begin with the ext/int drill on a real

mountain or other large object that is within reasonable traveling distance to your physical body. Once you have the secondary viewpoint established, drift over to where the body is, moving through the physical universe space. You need to be good at the above drills before you can get near to the body without automatically shifting into the primary viewpoint that you operate the body with. And you will find that you need to maintain a certain distance to keep this from happening. If you do slide into the body, keep backing the secondary viewpoint further away until you reach a point where you can hold it stable while looking at the body.

You might need to stay above the house and visualize the roof as being transparent so that you can maintain enough distance from the body while looking at it. Do whatever seems necessary and get as close as possible while maintaining a stable position outside of the body. You can perceive things as solid or as transparent or somewhere in between. In this case you want the body semi-transparent so that you can see into it slightly. This will all probably be very very vague and slightly unreal but don't worry about that, just get whatever perception you can, this drill will work despite extremely poor perception and has a very nice effect.

Now look over the body for any black or gray or smudged areas. These might be like little dark clouds permeating parts of the body or even extending out and around it. Even if you are mostly "imagining" this without real vision, you can generally sort of see lighter and darker patches with your eyes closed. For each of these smudges or black areas that you spot, gradually turn it white or light colored by gently flowing energy into it (you do this by getting the idea that you are doing it and sort of exhaling or flowing towards the spot or cloud). Continue this until the body feels good physically. If you do this right you may be surprised by how much better the body feels.

R *- Finally got around to doing this process but it was by accident. I felt tired and had chest pains so I went and lay down in the bedroom and began the OT touch assist from chapter 1. I kept falling asleep for brief periods and it wasn't handling the pain so I decided to try* ***11.5****. I was still drowsy but persisted in creating an exterior viewpoint above my body which was lying on the bed. Of greatest assistance was the earlier process of holding two viewpoints at the same time. So each time my concentration lapsed and I felt I was in my body I was still maintaining the exterior viewpoint. After some persistence and shifting between the two viewpoints the exterior VP became fairly real and at one point I did recognise the coloured shirt I was wearing at the time.*

So a prerequisite ability is to be able to repeat the action of creating the exterior viewpoint if it becomes unmocked. You just have to keep putting it there until it becomes real enough so you just know it's there and/or it stays there. In my case I knew the exterior viewpoint was real even though I could not actually see my body with it. So it was more of a `know point' than a viewpoint. One fear/consideration is that if I ever saw my body clearly then I would be stuck outside it and lose it forever, like at death or something. But until that stuff is handled/cleared I can still work on these abilities.

Then I began to flow energy into my body, very vaguely sensing where it was needed. At one point I was actually able to feel this energy while being the body at the same time I was flowing it to the body while being the exterior viewpoint. When I did this it seemed to create a kind of closed circuit which seemed to increase the energy by some feedback mechanism. I wasn't concerned about injuring the body because I was still desperate to handle the chest pains. Finally I got the idea the energy was bathing the whole body in a golden glow and any dark/shady areas were turning white. Well, it was all quite subtle but I noticed a shelf or ridge of dark energy in the upper chest turn white and then the pain wasn't there any more.

Having completed up to chapter 11 of the Self Clearing Book I believe I now have the ability to create a viewpoint anywhere in the physical universe and beam healing energy into a body. This body could be my own, another person's, an animal, etc.. I have known about spiritual healing since childhood but never expected to be able to do it myself. This is healing at a distance, a most useful ability. Once again my greatest thanks to The Pilot for showing the way.

Thursday 24/12/98

Summary of Chapter 11

***R** - Awoke this morning after indulging in lots of beer the night before with mum and dad. Noticed that the alcohol temporarily increases or heightens the state of exteriorisation gained through doing this chapter. No, it's more like it adds a euphoria to the freedom already gained. Anyway, just before getting out of bed it was quite real that I was only `here' because of attachment to the viewpoint of my body. Otherwise I was not even in this universe. And this is quite different to having a `quiet place in one's mind to retreat to'. Then I realised that doing so much creating of exterior viewpoints during this chapter had caused a marked awareness/reminder that my present body/viewpoint combination was in fact only a mock-up, and that having originally mocked it up I had forgotten that fact, and proceeded to live life `as' the viewpoint. I then realised `life' for me had simply been a case of `fixidity', or `going into it (body/viewpoint) too fixedly' and in fact getting stuck.*

A brilliant analogy is where a monkey is trapped by its own `desire' with a small wooden box. Peanuts are placed in the box which has a small hole, just large enough for a monkey's paw to squeeze through. But when the monkey reaches in and grasps the peanuts the hole is too small for its fist to be pulled out. The monkey can be captured because its desire for the peanuts is greater than its fear of man.

Just so, all problems generated by being the body/viewpoint are perpetuated because of the desire to hold onto the body/viewpoint. It does not occur to one to let go/withdraw/exteriorise because one is accustomed to hold on/push forward/interiorise further into situations. Thus the physical universe becomes more and more `real', one gets more and more stuck, and the theta universe and/or one's own universe is dismissed as imagination/unimportant/unreal.

Another analogy is the martial arts demonstration where the teacher/master holds up his hand in front of a student. The student places his hand against the master's, who pushes. Naturally the student pushes back. Whereupon the master withdraws his hand and the student falls forward, losing his balance. One legend tells of a tai chi master who was so good at non resistance/yielding that a sparrow was unable to launch itself and fly away from his hand.

*I could go on, but I actually need to go back and write up some notes from earlier processes. I just felt I had in fact achieved more than I expected from this chapter and wanted to get this summary done so I could end cycle before Christmas. There's no doubt whatsoever I got far more benefit from this chapter than **T** did. I was ready and able to do it. **T** is still very human and like all humans the only valid/acceptable reality for her is that of the physical universe. All else can too easily be dismissed as imagination/speculation. However, there is no doubt that she will have tremendous results from the next chapter.*

*Lots of things happening at this time. **T** and I have sold a home unit and bought a house so there's*

packing and relocating and a new internet service provider to be arranged, etc., so hope that doesn't interfere too much with getting through the next chapter.

11.6 Summary

We will be doing a lot more in this area later. Early on, you don't want to move anything out of the body unless it happens naturally without being forced. But that does happen sometimes when you blow away a really heavy area of mental charge and doing this chapter ensures that it will be a pleasant experience instead of making you afraid or disoriented or giving you a headache.

[End Chapter 11]

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Self Clearing Diary

Chapter Twelve

`Help'

If we inspire others to do clearing work then we have achieved our aim

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To be helped, you need to be willing to give and receive help. But help is often abused, being used as a control mechanism and a means of dominating others. Even when help is given freely without strings attached, it sometimes fails and the usual foolish tendency is to accumulate the weight of the failures without balancing them with the successes. Because of the altruistic nature of true help, it is also a useful way to push through the barriers that you build up as you engage in conflicts with others. If you can find ways to help your enemy and for your enemy to help you, you can break down the barriers of hatred that keep you at war.

Here we are going to emphasize the positive side and use that to push through any weight of failures. We have been around for a long time and we haven't always failed even if recent times look grim in some cases. And we will use general rather than specific targets because you have often engaged in the same game over and over again and we do not wish to narrow the scope to the current situation. In other words, we want to do things like considering helping a parent rather than limiting ourselves to your specific parents in this lifetime because you have often gotten into the same kind of games with different parents over the course of many lives.

And we are only going to consider how you COULD help others or others COULD help you. There is no insistence that you do help, because true help must be given freely without pressure or strings attached. It is not a duty or a remedy for guilt (using it that way is one of the reasons it often fails). But by considering how you could help, you will blow out the barriers of hatred, failure, and control and become free of much mental charge and difficulties. And then you can think freely and make your own choices in the area. These are simple repetitive processes with alternating commands. Just keep doing the commands, spotting ways that you could help. The answers don't have to be perfectly logical, just whatever you can think of.

As you run a process like this, you are often pushing through forces which are not immediately obvious from the processing command. As these come into view and dissipate, one can often have very interesting realizations. This is the most desirable result of running a process, namely that you push through some kind of force or resistance and then, because the force is now out of the way, have a realization as a result. These sudden realizations are called "cognitions" in Scientology because one has become cognizant of something new.

If you have a cognition (sudden realization) while running a process, it generally means that the process is complete and you should give yourself a pat on the back. And note that there are relative

truths. Something may be true in a specific case or a limited frame of reference even if it is not broadly correct. And some truths are stepping stones to higher ones. These things are not absolutes although they often seem that way when you first realize them. So don't invalidate these things when you notice exceptions, simply take a broader view and see what areas they do or do not apply to.

The Pilot's Self Clearing book - Chapter 12

Friday 1/1/99

***R** - Well, what a start to the new year! I had wondered if my recently acquired ability to heal was exaggerated or would evaporate or something, but today's success indicates otherwise. And because healing is **help** then it is not inappropriate to carry over my wins from the previous chapter.*

*I awoke in the morning with my usual attitude of `What's to be done today' or, more accurately, `What dynamics and/or parts thereof should I focus **help** on now?' because there has been so much to do moving into the new house (replace faulty taps, tend dying plants, cut extra keys, clean floors, assemble beds, unpack boxes, obtain phone connection, power, water, arrange leasing of the now vacant home unit, etc, etc, etc).*

Anyway, the first thing that came to mind was my mother's chronic `bad back' and other problems which I have attempted to handle previously with touch assists and nerve assists. She was not overly impressed with these then last year I persuaded her to try acupuncture and she was quite happy visiting `Dr Robert, Chinese doctor' each week. Again, however, relief was only temporary.

*I should explain that mum and dad come from overseas each Christmas and stay for three months, basically to escape the cold weather there. One of the major considerations involved in **T** and myself selling one of our two-bedroom units and buying a three bedroom house with `granny flat' was to facilitate their annual pilgrimage as well as provide gardens which my dad loves to work in. In fact as I write this he is out there now, happy as a kid in a sandpit.*

Well, yesterday I told mum I wanted to try `spiritual healing' on her and put my hands on her shoulders using what I'd learned in the previous chapter. After a couple of minutes she said she could `feel it working'. I maintained the intention to turn any `black' energy areas `white' and ended off when she said it was good. I was amazed at her validation of this as she is basically not a positive person and is very anti-Hubbard/Scn.

Flushed with success I tried a hands-on healing with dad. I don't even remember what his complaint was but this time I clearly felt energy going into his body. Minutes after his session he announced `That was good - brilliant!' Again I was astounded at the quick results, especially after years of arduously giving touch assists and nerve assists as a CoS staff member.

*So, back to this morning. As I lay there in bed I decided to do some more healing on mum. Using **11.5 Healing** from the previous chapter I mocked up a remote viewpoint above her body which was lying in another room. Intending any black energy to turn white I perceived a triangle of black energy in her right wrist and also felt a corresponding pain in my right wrist. I was unable to heal this particular energy after cleaning up pockets of other grey/dark areas and decided to ask her about it later.*

After breakfast I told mum I'd done a remote healing on her in the ten minutes or so before she'd gotten up. She said that she had generally been getting better since I'd first started the healing. When I asked her if she'd ever hurt her right wrist she told me all about a `bad finger' in that hand which the doctors hadn't been able to fix. I again (after acknowledging, of course) asked about the right wrist and this time she said yes, when she was 12 she'd had a `greenstick fracture' of the right wrist, had to wear a sling, etc.

It occurred to me that any pain in the right hand, including her chronic finger pain, was obviously not going to go past the black triangle of energy that had been locked into her wrist since age 12, and would continue to do so until it was cleared up. I had a number of other realisations about energy/healing etc. and did a further hands-on healing on mum, noticing this time some dark energy areas actually came through a spectrum of colours from black, especially through grey, green, and red as they lightened up in accordance with my intention to turn them white. (As I write this I realise this is another aspect to being cause over mest which is something I've always wanted).

Sunday 3/1/99

12.1 Willing to Help

12.1a) Who or what would you be willing to help?
12.1b) Who or what would you be willing to have help you?
12.1c) Who or what would you be willing to have others help?

***T -** My cognition is that I am willing to help, however over the course of many lifetimes I have placed conditions on this help eg who to give help to and how much help to give. Conditions are also in existence with my willingness to be helped. I accept help after most avenues have been exhausted, and only from certain people. I am willing to have others help where there is no way I can help eg extreme cases such as bombings overseas.*

*(**R** - Gosh, will you listen to her! `Over the course of many lifetimes', indeed! I won't put into words what her attitude regarding past lives was prior to starting this self clearing. But I really had to bite my tongue on quite a few occasions, I can tell you!)*

Wednesday 6/1/99

12.2 General Help

12.2a) How could you help somebody else?
12.2b) How could somebody else help you?
12.2c) How could somebody else help others?
12.2d) How could somebody else help themselves?
12.2e) How could you help yourself?

***T -** I started this process on Monday, the first day of my new/old job. I chose the subject of money. Here are my responses to the questions:*
Q. How could you help somebody else?
A. By giving them money, help per definition (short term) but rewarding the down stats (not long term assistance)

Q. How could somebody else help you?
A. By giving me money (eg my mother), rewarding the up stats and purchasing another property (2D)
Q. How could somebody else help others?
A. By giving money to charities such as Greenpeace, higher dynamics are reached
Q. How could somebody else help themselves?
A. By saving money and not wasting it on 1D
Q. How could you help yourself
A. By furthering the assets I have, not obsessing on 1D

I could see the significance of each flow of help and was happy with the extended answers I arrived at. I can see how any subject can be chosen and the questions will arrive at meaningful answers on help.

***R** - I began **12.1 a) Who or what would you be willing to help** but didn't complete it because a somatic (pain) turned on in the chest area of my body. I spotted that this was caused by an entity restimulated by the process so I handled it/him (a Russian hussar/horseman) and the pain disappeared.*

Thursday 7/1/99

***T** - After work yesterday at about 8.30pm I had a huge argument with my mother due to a lack of communication on her part, leaving me very upset. Today it was still on my mind, so I did a write up, realising there was an ARC X of long duration, with inhibited affinity (on my part due to obvious favouritism against me and on my mother's part due to her relationship with her mother, with whom she didn't get along). I realised the penalty (being there) and the fact that when I am there I provide fuel for my mother, be it teasing (appearance etc) or analysis of my behaviour (moods etc). At this early stage the answer to me seems to be don't be there, until I can at least sort out some of my problems, thereby assisting my family also.*

Sunday 10/1/99

***R** - Well, big SRA (Severe Reality Adjustment) for me last night after drinking beer again with mum and dad. When dad started criticising me (again) I realised I had been playing his game/s instead of doing my own thing. Also realised that while I could easily join his game/reality he was entirely unable to share any of mine. He is still critical of Dianetics/Scio/Hubbard despite everything it has done for myself and **T**. But it is not just that. He is also critical of me doing tai chi in the mornings, which **T** and I have both found beneficial for relaxation, balance, coordination, etc. And in terms of **help** I realised his reality provided good **help** mest-wise (gardening, maintenance, chores, etc) but **inverted help** (see Pre-Havingness scale) mentally/spiritually because of his fixed ideas/ignorance in those areas.*

*So I neatly cut his entheta line last night by saying `Hang on, mum's trying to say something'. This effectively put him on `wait' because he is oblivious/unaware that I can assume control of his/mum's/ others' communication at will - since my first month in Scn actually - and I diverted the communication away from myself for the rest of the evening. As he continued to drink he eventually ended up making a fool of himself, becoming the effect of his own wrong/evil intention/s, or hoist by his own petard, as I am fond of saying to **T**.*

*I resolved to restore priority to doing the self clearing so this morning I completed **12.1** while **T** did **12.2**. We both had wins and **T** asked `Is there such a thing as **failed help**?' Well, what better invitation could*

one expect? I immediately opened up Ron's 0-8 The Book Of Basics and found the Pre-Havingness scale on page 123. There was ***Failed Help*** *and I took the opportunity to increase our reality on it by finding examples for each level of the scale. Well, that led to heaps more wins/cognitions/blowing off of charge as we discovered/spotted where each of our parents (and ourselves and others) were/had been on the scale. Thus a potentially losing situation (Oh my god what's wrong with these people?) turned into a winning one for everybody involved (Oh, that's where they're at, that's where I'm at, that's why they can't be/do/have this/that/the other!). Heaps and heaps of itsa.*

My wins on ***12.1*** *by the way included realising the entirety of existence could be viewed in terms of* ***help****, e.g. mest (sun/water/soil) helps plants/animals/people, nurses help patients, paint protects/helps buildings, etc. etc. and that help (like so many other things) consists of a gradient scale, e.g. one can help another dig a garden or do the whole thing for them, etc, etc. I also saw that (many/most) people are below Help on the Pre Havingness scale and into Importance (of themselves) or Leave, etc, and that Control must have gone out before Help, because such people are not clear on Control either. I really saw how the Pre Havingness scale items dovetail together and how the human race fits into them. Especially it brought clarity to the previously unexplainable area of much teenage behaviour where these areas are so dramatised e.g. Unhelpful, out of Control, out of Communication, Leave (home, school), Abandon (suicide).*

12.3 Past Help

These are 4 separate processes, each with 2 commands that should be alternated.

12.3.1a) What help has another given you
12.3.1b) What help has another not given you
12.3.2a) What help have you given another
12.3.2b) What help have you not given another
12.3.3a) What help have others given others
12.3.3b) What help have others not given others
12.3.4a) What help have you give yourself
12.3.4b) What help have you not given yourself

T - *My win was finding out that "failed help" exists. My mother tried to help me when I was younger, but it wasn't help from my perspective ie failed help. She used an ice cream container lid cut into shape to shield my eyes when she washed my hair. However she had me lean forwards over the laundry basin. Subsequently shampoo would get into my eyes when she poured water over my head. There was an ongoing pattern of failed help. She used kerosene on my hair to flush out head lice (it's no wonder I literally pull out my hair today). This didn't work, and now I hate the smell.*

Monday 11/1/99

R *- I'm behind* ***T*** *but I make up for it by getting bigger wins (ha! ha!) :-) (Whoops, hope she doesn't read this!) Anyway,* ***12.2 General Help*** *led to phoning Frank and arranging to continue with his self clearing on Thursday. He was understandably upset because I hadn't called him since moving house so I explained that away with `too busy', etc, and then he said he was back into computer programming after 14 years of inability. Naturally I attribute this resurgence to the self clearing he has done so far, but we'll find out more on Thursday.*

*After the phone call I continued **12.2 How could you help somebody else, etc,** and had a number of realisations -*
*1. Any interaction (sane/uptone) **helps** others, validates them, allows blowing of charge, increases ARC, etc*
*1a. **Helping** others **helps** me by validating my ability to **help**.*
*2. Much (most/all?) sexual incompatibility/dissatisfaction is due to aberrated (not) **help** in one or both partners*
*3. Society is based on (and can only exist with) the idea of mutual **help***
*4. **Help** others get what they want/need and you can have/inflow **help**/what you need*
5. How To Win Friends and Influence People is based almost entirely on number 4. above
*6. I see that (almost) nobody (including myself!) is clear on ALL **help** flows (Able/willing to **help** self, receive **help** from others, provide **help** to others, allow others to **help** others)*
*7. There can be a gradient of **help**, from not preventing something to delivering a process and getting a/ the result with full intention (e.g. Who are you? Me! or `Give me that hand', etc)*
*8. Ideal **help** would involve/require optimal be/do/have*
9. An/the ability to help is ultimately measured by result/s, but can be viewed numerically such as the number of skills/abilities one has, and how good/experienced/effective one is with those skills

*Finally I spotted a huge false datum buried in society so deeply and for so long that it is still operating to cause the demise of individuals, groups, societies, civilizations, etc. It is a false datum of the worst kind, non-survival and therefore evil, guaranteed to crash, cripple, handicap the most powerful being/s. I used to have it. My parents have it (which is why they cannot accept scn/clearing). **T**'s father died just last year because of it. And it seems so harmless on the surface.*

*The false datum is that one is somehow superior/more able/better off/nobler/survives better if one is self reliant and not dependant on others. The lie is in inverse proportion to the truth of the matter. The lie is that the greater one's self reliance then the greater is one's survival potential. **T**'s father died because he refused to see a doctor until it was too late. It was obvious to everyone he needed professional **help**. But he refused to accept **help** from others until he was no longer able to eat or walk. He had been brilliant at **helping** himself and his family all his life but he could not accept/inflow **help** when he needed it.*

*Incidentally I gave him two (telepathic) Excalibur sessions (because that's what I was doing at that time) - one before he died and one after. They went quite well because the **help** button/barrier doesn't appear to exist on the theta level. Beings, entities, etc seem generally eager to communicate and run any process. For instance, the spiritual/telepathic healing ability gained in the last chapter worked beautifully on both mum and dad beyond their awareness level yet they will resist a physical touch assist or other physical universe processing in the physical universe.*

Tuesday 12/1/99

***R** - Had an upset/argument with mum this morning after attempting to clear her **help** button (`Have you noticed how a shopkeeper **helps** by providing goods, and we **help** them by giving them money?' and `Have you noticed that society is basically about people **helping** each other?' etc) She made me good and wrong `What are you talking about that for? Nobody wants to listen to that! Nobody's interested in your funny ideas/what you want to say! etc. I had really pushed a button/stepped on a mine here! Her words were full of venom/hate, her eyes were swimming with glee/ irresponsibility. Obviously it was the wrong process or I'd overrun it or something and then I made it worse. I made her wrong by saying `Okay, next time you*

want to talk about something I'll say the same things to you', etc. In other words I lost it.

Well, following that upset I did a withdraw from the situation and mum and dad went out for the day. I retired to the den to attempt to continue with the next process but was too upset and knew I had to resolve my ARC X quicksmart. As I have resolved my upsets successfully over many years (without a meter since leaving Scn) I realised at a glance that I had a break in communication and that it was refused (refer ARCU, CDEINR, ARC X tech, etc).

I saw that mum's make-wrong mechanism always involved no/refused communication on the topic that restimulated her followed by immediate personal attack on the other person (usually me or dad). When not keyed-in mum, like most people, is a warm and wonderful human being. The problem is she is content with that whereas my goal is a somewhat higher state of existence. So occasionally over the years we have clashed.

Anyway, I was experiencing lots of charge on my upset so I got out pen and paper and chased it down through ten earlier similars. One was where I used the same make-wrong of refused communication on others and then that went earlier to my refused communication to mum and dad about something I'd done as a boy, and got sympathy for it instead of the belting/punishment I was expecting. In other words the upset/ARC X resolved brilliantly - and all within this lifetime which is somewhat unusual for me!

*But the **big, big, big win** here was discovering the importance of and getting the reality of the Pre-Havingness scale. With the scale fresh in my mind (and having known about it for so many years) I saw that because Communication is below Havingness then obviously one cannot have/experience an event/ trauma if one cannot communicate about it. In fact there were so many realisations I'll have to list them.*

1. Realised No Communication/Refused Communication were inversion of OT ability to as-is. Of course it doesn't work because the being is at the wrong end of the scale.
2. Realised that without clearing tech human beings get stuck with each other's charge/aberrations and re-use it/them when restimulated themselves, etc. The urge to re-use mum's mechanism against her at the first available opportunity was quite overwhelming at the time. Humans can't as-is charge/emotional upset because they believe matter and energy can neither be created nor destroyed. So they are stuck with it the only way to `get rid of it' is to try and push it off onto one another. Because they know it's wrong to do this they need an excuse/reason such as an imagined threat/attack on their reality.
3. Clearing tech has enabled me to convert the entheta of the encounter with mum into theta. The charge was gone when mum and dad returned home that evening and things are back to `normal'.
4. Realised mum had pushed my Importance button (see scale), which was part of her make-wrong mechanism, and was the same button dad had tried to use on me (see 10/1/99)
5. I used `Control' (see scale) to handle dad's verbal attack to give him `Failed Communication' (see scale).
6. I saw how my Havingness this lifetime had been continually eroded by attacks at each and every level of the scale and that my parents continue to dramatise the exact same levels, e.g. they give clearing tech `Failed Importance' because they are unable/unwilling to give it `Importance', just as they did when I wanted a pet mouse at age ten.
7. Immediately after the upset mum decided to go out for the day. I realised this was `Leave' (see scale), the next level down from the `Failed Importance' which she gave me.
8. Realised `The News' is about Overts and Failed Overts (see scale).
9. Realised dad's `I'm not interested' (re tai chi, self improvement, self clearing, computers, internet, etc)

is actually quite high on the scale - (it's almost at `have') whereas he has strong interest and high havingness on the garden.

Once again I am overawed to realise that Ron KNEW. Even after many years of study of clearing tech and huge spiritual progress I had no actual reality on the Pre-Havingness scale. Obviously because so much of it was unresolved for me. I was still - even as an `OT' - stuck in it. Equally obvious **T** was also suffering in that quicksand which my parents will remain in along with the rest of mankind unless/until they do clearing. As I said to **T** in the middle of all these wins `Do you realise what clearing all the buttons/levels of the Pre-Have scale would do for someone? They would be able to HAVE ANYTHING!' Do you see that? For example, winning a lottery would simply be ONE of the INFINITY of things they could have. I struggle to find an example of equal magnitude and realise there isn't one.

12.4 Specific Help

There are quite a few processes here. Each has 5 commands that are run alternately.

12.4.1a) How could you help a parent (or guardian)
12.4.1b) How could a parent (or guardian) help you
12.4.1c) How could another help a parent (or guardian)
12.4.1d) How could a parent (or guardian) help another
12.4.1e) How could a parent (or guardian) help themselves

12.4.2a) How could you help a child
12.4.2b) How could a child help you
12.4.2c) How could another help a child
12.4.2d) How could a child help another
12.4.2e) How could a child help themselves

12.4.3a) How could you help a teacher
12.4.3b) How could a teacher help you
12.4.3c) How could another help a teacher
12.4.3d) How could a teacher help another
12.4.3e) How could a teacher help themselves

12.4.4a) How could you help a wife or lover
12.4.4b) How could a wife or lover help you
12.4.4c) How could another help a wife or lover
12.4.4d) How could a wife or lover help another
12.4.4e) How could a wife or lover help themselves

12.4.5a) How could you help a boss or senior
12.4.5b) How could a boss or senior help you
12.4.5c) How could another help a boss or senior
12.4.5d) How could a boss or senior help another
12.4.5e) How could a boss or senior help themselves

12.4.6a) How could you help an official

12.4.6b) How could an official help you
12.4.6c) How could another help an official
12.4.6d) How could an official help another
12.4.6e) How could an official help themselves

12.4.7a) How could you help a holy man
12.4.7b) How could a holy man help you
12.4.7c) How could another help a holy man
12.4.7d) How could a holy man help another
12.4.7e) How could a holy man help themselves

12.4.8a) How could you help a body
12.4.8b) How could a body help you
12.4.8c) How could another help a body
12.4.8d) How could a body help another
12.4.8e) How could a body help itself

12/1/99

T - *I spent two days on and off doing these processes. Here are a few of my answers. A parent or guardian could help themselves by being taking responsibility (of/for their children). A child could help themselves by listening and being aware. A teacher could help themselves by continually furthering their own knowledge, which in turn is passed on (the same for an official). A wife or lover could help themselves by listening to others. A boss or senior could help themselves by giving their staff leeway if required to make for a better work environment. A holy man could help another by healing. A body could help itself by the ability to regenerate or heal. I now see the word "body" with a different view than before, and how it is separate from the mind.*

12.5 Confronting the Emotions

We have mentioned the emotional scale in a previous chapter. Although we did some work with it, we avoided the issue of confronting people who are in the grips of strong emotions. Now we can use these help processes to blow away the heavy barriers that most people build against these and make it easier for you to face up to and handle people who are being very emotional.

12.5.1a) How could you help an apathetic person
12.5.1b) How could an apathetic person help you
12.5.1c) How could another help an apathetic person
12.5.1d) How could an apathetic person help another
12.5.1e) How could an apathetic person help themselves

12.5.2a) How could you help a grief-stricken person
12.5.2b) How could a grief-stricken person help you
12.5.2c) How could another help a grief-stricken person
12.5.2d) How could a grief-stricken person help another
12.5.2e) How could a grief-stricken person help themselves

12.5.3a) How could you help a fearful person
12.5.3b) How could a fearful person help you
12.5.3c) How could another help a fearful person
12.5.3d) How could a fearful person help another
12.5.3e) How could a fearful person help themselves

12.5.4a) How could you help a covertly hostile person
12.5.4b) How could a covertly hostile person help you
12.5.4c) How could another help a covertly hostile person
12.5.4d) How could a covertly hostile person help another
12.5.4e) How could a covertly hostile person help themselves

12.5.5a) How could you help an angry person
12.5.5b) How could an angry person help you
12.5.5c) How could another help an angry person
12.5.5d) How could an angry person help another
12.5.5e) How could an angry person help themselves

12.5.6a) How could you help an antagonistic person
12.5.6b) How could an antagonistic person help you
12.5.6c) How could another help an antagonistic person
12.5.6d) How could an antagonistic person help another
12.5.6e) How could an antagonistic person help themselves

12.5.7a) How could you help a bored person
12.5.7b) How could a bored person help you
12.5.7c) How could another help a bored person
12.5.7d) How could a bored person help another
12.5.7e) How could a bored person help themselves

12.5.8a) How could you help a conservative person
12.5.8b) How could a conservative person help you
12.5.8c) How could another help a conservative person
12.5.8d) How could a conservative person help another
12.5.8e) How could a conservative person help themselves

12.5.9a) How could you help a cheerful person
12.5.9b) How could a cheerful person help you
12.5.9c) How could another help a cheerful person
12.5.9d) How could a cheerful person help another
12.5.9e) How could a cheerful person help themselves

T - *Some responses were indicative of how my perspective has changed dramatically with the self-clearing. Help is a process used to resolve problems. The first step to resolving a problem is recognising that one exists. Help does not equal pandering, it equals direction to self-clearing and furthering knowledge.*

12.6 Acceptable Help

(a) Spot an acceptable way of helping
(b) Spot an unacceptable way of helping

T *- I asked myself before beginning the process - acceptable to whom? I realised that it's acceptable/ unacceptable to me if I'm the person doing the process. I listed acceptable ways of helping such as assisting an injured person or someone in pain, rewarding upstats, caring for animals, helping the frail with heavy lifting, giving someone a lift in a car, giving someone street directions, anything that is pro-survival. Unacceptable ways included giving money to get someone out of a fix, down stats, "constructive" criticism. Up stats versus down stats was a running theme through this process and I realised I had made errors helping people in the past (especially giving money to my brother), which was actually unacceptable help.*

Wednesday 13/1/99

R *- Woke up about 4am and was unable to get back to sleep for about an hour because I was cogniting too much on areas of the Pre-Havingness scale. I realised a book or books could/should be written about each level of this magnificent scale. Protect and Failed Protect, for instance, could cover every war that has ever occurred!*

Friday 15/1/99

R *- While sweeping the floor this morning it occurred to me that I now had the ability to have/develop/ improve any chosen ability. I realised that I am able to be able, and that is my greatest ability. Another way to express it would be an infinite ability to* ***help*** *(self and others). As one of the stated purposes of Scn is to make the able more able then I have made yet another giant leap in that direction.*

In the evening ***T*** *and I attended ballroom dance classes begun last week and had a great time. Our ability to learn the steps was obviously superior to that of the other beginners. Abilities from Self Clearing I was aware of using at the time included communication (with each other, the teachers, the floor, space, etc), duplication (of the teachers' words and demonstrations), help, control (of our own and each others' bodies).*

Monday 18/1/99

R *- I'm probably overrunning these processes because I've realised the ability from 15/1/99 could be stated as* ***`Clear (unaberrated) on the subject of Help****', at least on Flow 0 (self to self) and Flow 1 (receiving* ***help****).*

Anyway doing ***12.3.1 Past Help*** *led to further understanding of Ron's data about help becoming betrayal as I recalled such incidents in my own past. I also saw how ARC relates to Havingness, in that Communicating with/about something leads to Understanding it, which then allows it into your space, which is Affinity. There was further understanding of the Pre-Havingness scale as I saw how Control, Overts, Withholds, etc related to Help. Also, interestingly, at some point during the process I realised I was providing terminals (people) as answers to the questions, rather than what the actual* ***help*** *was that was provided/not provided. This led to realising that everything/anything in the physical universe could*

*be considered to be **help** or **not help**, depending entirely on the viewpoint one assumes. For example, a car is **help** if it gets one from A to B, but **not help** if it runs into another car, and a moisturiser is great **help** for dry skin but **not help** when it increases sunburn (I've now solved that problem with a combination moisturiser/UV protection).*

CHRONIC PTP (Present Time Problem)

***R** - A chronic difficulty in writing up this diary is that as I type from my handwritten notes I continually experience further realisations/clarifications/understandings of such significance that I feel I have to record them also. I have the same problem when I discuss my wins/realisations with **T** - often cogniting mid-sentence or just after speaking, so that I then have to give the new/better realisation, which usually opens the door to further ones. As I write this I realise this would be because of such data as `Absolutes are unobtainable' (so one's understandings are not absolute/s but are relative truth/s and can develop ad infinitum). However, this is one problem I do not wish resolved at this point in my existence. I just wanted to point it out as a possible explanation for any apparent inconsistencies in the results of my self clearing.*

Wednesday 20/1/99

***R** - Also, just in case anyone thinks I haven't done much for two days I should explain that I would love to do a process each day of the week. That is my idea of what the ideal lifestyle would include. However, a process which might achieve a result within one hour often generates double or triple that time in typing it into this diary, editing, revising, making links to references, getting it posted on the internet, etc. It is now 2.15pm and I began at 9am this morning. Half way through my Christmas holidays I've finally caught up with the backlog of handwritten notes (to do with various earlier chapters generated during 1998) and that is another reason why this diary keeps changing.*

Thursday 21/1/99

***R** - Did **12.3.2 What help have you given another/not given another** for 14 pages of answers, blew lots of considerations and had some minor cognitions -*
1. Spotted a time of Failed Protect of my brother (further clearing of Pre-Have scale levels)
2. Realised (again) agreeing with someone is not necessarily helping them
3. Nevertheless, help is agreement by definition
Saw relationship between Help and formula for ethics condition of Non-Existence
4. Realised Help is part of my/our basic nature
5. Realised all my help has been MEST, not theta (until began Scn/clearing)
6. Therefore ideal/ultimate help would be opposite of that - the Static (see definition of basic truth)
However, the process led me back to a theta pole trap incident (which keeps coming up and which again didn't resolve) so I decided to continue it tomorrow.

Friday 22/1/99

R** - Continued **12.3.2** (seven more pages) with my attention still on the pole trap incident and realised there had to be an earlier beginning or earlier similar incident, or a Flow 2 (me doing it to another/ others). The Flow 2 got things moving and I saw how I'd (earlier) **helped** Marcab (as a `Commander') trap countless free beings with theta traps/implants, etc. The process flew as I included that stuff and then I recalled even earlier stuff (it's come up before but not from a **help** viewpoint) and saw how I'd **helped

(by agreeing with it) a mechanism/robot/recording at the beginning of time (Let's call it the/a time robot). It was artificially creating time by imitating a live being in that it seemed to be communicating but was in fact only putting out a recoded message. By listening to it/agreeing with it I went into agreement with the flow of time. In other words I learned (or was tricked/deceived) to exist/continue within the time stream. Since then I have been trapped in time and ALL ***help*** *given and received has been within the time stream, therefore limited. There has been no return to total freedom/static/truth since (certainly not for me and, I strongly suspect, nor for anyone else - further data re the prison planet theory).*

When I went for a cup of coffee I had the big realisation that I was still being (in the valence of) the time robot! That was/is exactly how my `mind' works, how I record and recall events/conversations, etc. Ahh! As I write this I see how I was* ***helped*** *(learned/tricked/betrayed) to see I didn't have to understand/as-is things/events in the physical universe! I could just `record' everything and play it back later. I no longer had to instantly understand everything. What a brilliant ***help****/idea this was! I no longer had to Know - I could operate at Not Know, or Know About! (Is THIS the basis of my `reactive mind'?)*

*I realised that in the game of life I am actually aligned with (****helping****) MEST and am in Enemy/Treason to theta by being a human being. I recalled training/****helping*** *theta/life units by presenting them with puzzles/ games to solve/play, which led to their creating postulates which trapped them in MEST. That's why I so easily fell victim to those same traps later!*

Hide & Seek

As I realised I'd in fact ***helped*** *(by agreeing with* ***Time****) MEST (and of course still do), I recalled (again) an earlier incident to do with* ***Space*** *was equally relevant if I hoped to undo this situation (and I do). I call it* ***Hide and Seek*** *because that's exactly what it was and kids everywhere still play it today. I've recalled the incident a number of times previously, but hadn't seen the significance of it until now. The game was to hide oneself in space. There were no objects, just thetans being viewpoints in a shared space, so the only way to hide was to `be' at the furthermost part of this space and hope whoever was `seeking' didn't go that far, or to be at Hide (-8.0 on the tone scale). Anyway, this `game'* ***helped*** *us believe it was safe/fun to have/be a viewpoint in space. We learned how to hide, to be there and not be found out. So I* ***helped*** *others and myself get trapped in the physical universe and here we are!*

Saturday 23/1/99

You're FAT!

R *- Brushing my teeth this morning (after a few beers with the folks the night before) I suddenly came up with THE solution to a problem I've had for forty-odd years or so, and which had been restimulated by mum's casual comment* ***`You're fat'****. Okay, I've got a (small) spare tyre around my middle, but in light of the fact one third of Americans are considered clinically obese, it's actually untrue to say I'm fat. With the tai chi, jogging, swimming and dancing I'm actually quite fit, not out of breath, etc. Also some years ago under the pseudonymn of Dr Strong I sold an exercise program with three degrees of fitness - Pussycat, Bobcat, and Tiger. Pussycat level was 10 push-ups, 10 sit-ups, 10 leg raises, 10 squats, etc. Bobcat was 20 of each and Tiger was 50 of each. Since then I've always maintained the minimum level of basic exercises. Another consideration I have is that if one is aged 30 years then one should be able to do that many push-ups, sit-ups, etc. This seems to me an obvious way to offset the effects of age. Following this program one's body would be fit, flexible and vigorous at the age of 50.*

*Anyway, I've had charge/upset attached to the expression **`You're fat'** since childhood. Furthermore I realised mum uses it as a weapon against people. She has no desire to help anyone so labelled. Also I recall when I first joined the Army she said I was `skinny', and that was bad, so there was never an ideal that she acknowledged. There was no win. Also I resented the fact she was using this weapon against other people/family members who actually were fat. I really wanted a solution to this problem, for their sakes and for everyone who has ever been at effect of this label/weapon.*

`No, I HAVE fat!'

*As I say, I was brusing my teeth and I yelled out to **T**`I've got it!', and told her my solution. She said `That's nice' and carried on doing the dishes, so I don't think she's quite duplicated the earth-shattering significance of my discovery. This is **the** weapon of defence for all those who have ever been hurt by the words **`You're fat'**. Seriously, numerous children have suicided and countless lives/families have been ruined because of the inability to deal with this issue. Well, **the** answer to it is **`No, you're wrong. I HAVE fat'**. It will work for the following reasons -*

1. It states a greater truth (which will dissolve the identification of the person with fat)
2. It will move the person from effect to cause (out of Victim, 0.1 on the tone scale)
3. It distances/separates the person from the problem (allowing communication with it and therefore a handling of it)
4. It takes/assumes ownership of the problem, which allows control of it (see Havingness scale)
*It is probably the lie/s involved in the statement **`You're fat'** that is the/a major reason why people get stuck with such conditions. A person is many things, a composite. They are being a mother or father, brother or sister, worker, friend, lover, good cook, dancer, etc. So to ignore all those things and only validate/point out **`You're fat'** works to stick/label the person with that condition, like impaling a butterfly/ insect with a needle and labelling it, as collectors do. Spiritually, we know a being can BE anything. On earth most people are BEING bodies but it is a higher truth to say they HAVE bodies. (The mere consideration of this truth can and does cause exteriorization from the body for many). To state a being/ person is fat (meaning ONLY fat and nothing else) is such an untruth/wrong indication it can create too much charge for many people to deal with and they become chronic effect of the condition.*

Tuesday 26/1/99

***R** - Had great results on process **12.3.3 What help have others given others/not given others, etc,** which ran for only ten answers before I realised that the **help** others have given others (and continue to do so) was **help** to stay in the physical universe and continue to play the game of life. The **help** that others have not given others (with rare, if any, exceptions) was **help** to escape from MEST or return to Static/Source or however else one understands this concept. As far as I know, Clearing such as this remains the best chance anyone has at this time, as I see it. (Perhaps the only chance, as LRH maintained).*

*Continued with next process, **12.3.4 What help have you given yourself/not given yourself**, which ran for four pages of answers. Clearly saw (back to the beginning of my track) how by participating in the physical universe I'd opposed all the Dynamics and, by doing so, created a first dynamic/self/ego/self. That is how I **helped** myself to play the game (of Life). I saw how by being an identity/me I had guaranteed myself a role in the game of existence, and how this was more real/solidified/duplicated on earth by `being' a meat body. That is, anyone with a body is gurarranteed a role/place in the game of life as we know it here on earth. Beings without bodies (thetans, ghosts, entities, etc) are generally ignored/*

unacknowledged because, quite simply, they are not in the/our game.

If the above results seem far-fetched, over-the-top, unnatainable, delusional, etc, then have a look at what Sehlene proffered in a recent email to an internet group on the subject of Self. (Ed. Note: This link was not provided by "R")

Wednesday 27/1/99

***R** - Writing up diary prior to posting it on the net. Interesting to note my wins/cognitions, etc, are unaffected by alcohol consumed at least every other night as I enjoy time with my parents holidaying with us. However, I have increased the number of push-ups, sit-ups, etc, to offset the tendency to put on weight with this (temporary) lifestyle.*

Thursday 28/1/99

***R** - Realized this morning a different interpretation for `Burning the candle at both ends'. For me it is having my body in top shape with a daily exercise regimen while keeping `my thetan' in top shape with daily self clearing. It's like a complete address of the entirety of `me', the body as one end of the candle and my theta universe as the other. So I was very keyed-out, yet again. Life is good, dynamics in harmony, new house great, rent coming in from other property, planning to purchase another one, got dad talking about his (few) spiritual/theta expeiences (by talking about mine) which increased our mutual ARC. Anyway, must push on.*

*Did **12.4.1 How could you help a parent** for five pages of answers. This **help** process led to the sudden recognition of my mother being at Fear of Worsening (-5 on the Lower Awareness scale). (You may recall I tried to clear her **Help** button recently which led to an upset - well, now I saw this had been too high for her (**Help** is at **-1**). Then suddenly the whole of the scale opened up for me. I wrote `It's like a window to a magical realm called knowingness!' Because my parents are staying with us currently their behaviour is very real to me. I suddenly saw that this scale accurately reflects/explains where they live! I recognised incident after incident, all the minor and major occurrences in their/our daily lives could be exactly identified/plotted on this scale. It just explains so much where they are at! Then that extended outwards and I spotted where other incidents/people in my life/past were on the scale.*

I won't bore you with all the examples that poured out but there was no doubt that dad's `Sergeants Mess games' were at Sadism (-23) and explained immediately why **T** was reduced to tears after `agreeing' to play. And dad's tales of he and his fellow cronies chewing razor blades and glass, swallowing nails, etc, were obviously boasts of Masochism (-24, the next level down). Then I spotted exactly how he exhibits Hysteria (-15), the agitation and high pitched voice, etc, which is not nearly as obvious as mum's, but really, really, really explained why he goes out of communication, can't be reasoned with, etc. when he's at that level.

*I ended the process but real-life incidents/examples of the Lower Awareness Levels continued to come to mind throughout the day and into the next day. With few exceptions I now have personal reality/ understanding/experience/ knowledge of each of the 32 levels. I realised that my new-found reality/ understanding of where the bulk of the human race is actually at has caused a huge boost in my **ability to help**. You know, how can you **help** something/someone if you're not aware of it or out of comm/ARC with it, etc.*

*Then did **12.4.2 How could you help a child/a child help you, etc,** for three pages. Answers included `By being a child', `By granting beingness', By admiring it', `By being unaberrated', until I realised I was/am actually attaining my own childhood dream/goal of being like Superman (**Helps** everybody, super able, invulnerable, etc) with daily self clearing and daily physical workouts. It's an ongoing process of ever increasing ability/s and can be continued on to infinity.*

Friday 29/1/99

***R** - While shaving this morning my attention was on the word Delusion (-14). Previously I had felt the power/effect of other people's delusions and had recognised them as such on a small number of occasions. One, for example, was when I answered a knock at the door of our unit late at night. At first everything seemed normal but as I approached the door I became aware of an overpowering idea/ suggestion that there was a promise of extreme violence and danger. I had to take a second (theta) look at the actual situation and I sensed/knew that in fact there was no actual danger at all. But I had to make a definite effort to assert my `safe' view/reality/postulate in the face of the continuing/persistent idea of extreme danger. I then opened the door to a figure in the dark. It was a neighbour (a young fellow from Greece, the friendliest, most helpful neighbour in the block) calmly asking for **help** with some bees which were getting into his unit from a nearby tree.*

*Anyway, as soon as the actual reality of the situation asserted itself the door opposite burst open and my very agitated neighbour **D** demanded to know if everything was all right and I was safe, etc. His agitation indicated a readiness for a physical confrontation and only my repeated verbal reassurances calmed him down. At that point the ideas/feelings of danger, violence, etc disappeared and I saw they had been entirely created/mocked-up by him. I realised THAT was a Delusion, a belief contrary to the facts/reality. If I had bought into it anything could have happened. Now I know what motivates a lynch mob.*

*By way of background, **D** is otherwise fairly able in life and passes for `normal'. He created and runs his own security business employing two or three casuals to share the patrol work. However, he never goes on duty without a handgun (he insisted on showing **T** and myself his latest ones which have laser for accuracy at night), he drinks three bottles of scotch a week while watching videos of Hitler and marching round his lounge room, he was shot once when somebody tried to steal a weapon from him, and his favorite saying is `My dog can jump this high', holding his arm up in the Nazi salute. I have lost count of the number of conversations I have had to excuse myself from as he explains that Goering actually had some good ideas and that non-whites/ethnics `aren't really human - they're not like us, not really, don't you think?' . His big `ruin' in life was having flat feet so they wouldn't let him join the army. His current ruin is he can't get his legs up high and march like the SS soldiers in his videos. So that is what fuels his particular delusion/s.*

What I realised this morning while shaving was that certain (most/all?) religions enforce delusions on their followers. Catholics, for example, must accept that God exists and that the Devil exists. Now, I'm not saying these beings DON'T exist. That's not my point. My point is, if a person has not discovered for himself whether or not these beings actually exist, then he is being asked to accept/agree with what may be someone else's delusion. If he is told to `have faith' then he is being asked to agree with something he has not in fact experienced for himself and that is delusion. Hubbard had the pefect antidote for this with `If it's not true for you, it's not true'.

Saturday 30/1/99

***R** - Well, **T** has just spell-checked/edited this chapter so far, which is a great help (and of course a very cunning way on my part to get her more involved with it, read my stuff, etc). I thought I'd record here some of the realisations I had when I woke up at 5am this morning. This happens a lot but I haven't managed to record a fraction of them. This is simply this morning's example. It's occurring because of the (almost) daily processing and despite frequent drinking sessions.*
1. Came up with the analogy that doing a process is like jumping into a boat that takes you from one place to another and back. Those two places are MEST and theta.
2. With each boat trip the journey (to theta) gets easier, faster, smoother and one can go further.
3. After many trips the destination (theta) becomes so familiar it feels like home.
4. Used to think I was `losing sleep' if I awoke early. Now I recognise it as cognition time.
5. Realised humans are more MEST than theta. They are not as-ising anything. They don't cognite. For them, all roads lead to MEST because theta does not exist for them.
6. Realised I was more theta than MEST. For me, all roads lead to theta. Every process proves that.
7. Realised another analogy was appropriate. Gulliver and the Lilliputians. It represents how a big being is attacked/held down/criticised (made smaller) by smaller beings. Ron was a big being. Many Free Zoners are big beings. Many are not.
8. Realised it was time to get up.

*Later I continued **12.4.3 How could you help a teacher**, etc, (begun yesterday but not completed) with answers such as `By being a good student', `By duplicating teachings'. A page of answers led to the sudden reality/understanding/clarity that teaching is simply a FLOW of **help** between two terminals. Also I understood the greatest **help** was duplicating/becoming the teacher, as many have done with Ron Hubbard, and as Jesus' disciples did with him, etc.*

PRISM

*Then I thought of a marvelous analogy to explain our possible connection with theta/infinity/god. I say `possible' because although I did experience it briefly (after some auditing years ago) as a `reality' I'm unsure if it was a delusion or not. It was an absolutely glorious experience which gradually faded away over a couple of days, more intoxicating than any drug experience I'd had. It really felt like I was God, not A god, but THE God of the Bible, etc, (and so was everyone else of course, they just didn't know it!) but I couldn't DO anything godlike but enjoy the feeling. Also I knew I could `awaken' others to experience the same state very easily but it seemed important they did it on their own determinism. Anyway, the analogy is that as white light gets refracted/separated/divided by a prism into many different colours, or the sun through raindrops into a rainbow of many colours, so theta/infinity/God manifests through the physical universe as multiple viewpoints. These viewpoints become so aberrated by MEST they believe/act, live and die as separate/discrete individuals/life units. Remove the prism, the many colours vanish and there is only the one light. Take way the physical universe (as clearing gradually does) and there will stand revealed infinity/theta/static/you. As it was in the beginning, is now and forever shall be, etc. Actually, this is an ancient truth/secret/mystery and my first introduction to it was reading the book `Be Here Now' by Baba Ram Dass (Dr Richard Alpert). I don't know how all this ties in with **12.4.3** but I'm sure it must **help**.*

Tuesday 2/2/99

***R** - Did **12.4.4 How could you help a wife or lover** for a page of answers and realised the best way to help anybody was to push/encourage them towards becoming clearer.*

***12.4.5 and 12.4.6** produced the same answer.*

***12.4.7 How could you help a holy man** reminded me when I'd experienced `god consciousness' and it occurred to me that ultimate **help** would be to return to static/theta (the solution) and stop contributing to mest (the problem).*

***12.4.8 How could you help a body** brought to light LOTS of reality/cognitions re bodies. I realised we've become totally dependent on them and that is not okay. The best **help** would be to clear the body of aberrations then finally rid it of ourself, the thetan. Parasite is the word that comes to mind as I type this one up.*

Monday 8/2/99

***R** - Okay, it looks like I haven't done anything for a week, doesn't it? Well actually I failed to print out all the pages of this chapter and thought I was finished - and started the next chapter! So now I'm back to finish this one off. So, today it was **12.5.1 How could you help an apathetic person (**How could they help you, etc.) Had a number of realisations, as usual*

1. Realised this was the perfect process for someone in apathy (just as `From where could you communicate to a victim' works to exteriorise a person stuck at `victim' on the tone scale)
2. Realised apathy is not ALL bad (e.g. when it's where your enemy/opponent is)
*3. Realised an apathetic person will often **help** themselves by leaving (a source of suppression, for example) and this was a clue to their (pre) havingness level (see Leave)*
*4. Realised best **help** is **help** them trace/spot the cause/source of the condition*
At this point I experienced a HUGE increase of understanding of Source (see top of scale), that sourcing the apathy (or anything else adversely affecting one) will restore the person to cause by reversing the cause/effect relationship, rebalancing, etc. Actually, as I type this I realise that rebalancing/correcting traumas/errors etc in the past (you know, processing) is exercising cause over time. It is undoing something that has already occurred in the physical universe, (which is impossible according to physical universe laws). So that's another nice understanding gained through maintaining this diary!

Tuesday 9/2/99

***R** - Did **12.5.2 How could you help a grief-stricken person**, etc. which didn't seem to be going anywhere after 3 pages of answers. As I look over my notes now I see the realisation on page 1 which I had overlooked at the time but is clearer now having done a couple more emotions. You see, I had assumed one is SUPPOSED to help, but Hubbard had a lot to say about `supposed to's' and I'm understanding it better now. My answer was that God doesn't do anything to help anyone (so why should I?) but later I realised this is only the apparancy. God (or me/us as static/infinity/theta, etc) at the highest level IS BEING the individual dramatising the emotion. That is what is behind the game/s of life. The game we are currently playing/dramatising is where we stand on our own foot so as to experience `pain' and then complain about our sore foot. When one knows that then the **help** is not to make a person wrong, but to be stable (like the static) and grant beingness and do what is appropriate at the time on that human level (be supportive, drive them to the funeral, whatever), assist them in coming back uptone, etc.*

*Onto **12.5.3 How could you help a fearful person**, etc. and two pages of answers brought a huge realisation. I wrote `I finally understand what `stable terminal' means now! And now I see there is a gradient scale of stability a person can assume/experience. Obviously anyone **helping**/counselling/ relating to another person should be more stable than the one being **helped**. The first time I `audited' someone years ago was absolutely terrifying for me. But I'd been trained well enough to be there and ask the questions and get the result, so it went well. In that case the training made me stable enough to process another person until I realised it `worked' and I settled down and learned my fears were unnecessary - a session additive. Now I see a scale of stability from total unstability/psychotic all the way up to static. Furthermore, this process is revealing to me those exact areas/emotions where I am NOT stable in dealing with other people. Ultimately if I have a reaction to another's outflow then I'm not as-ising that outflow, or not allowing them to as-is it, etc.*

*Process **12.5.4 How could you help a covertly hostile person**, etc. led to a recall of a time as a (Marcab) officer where there were no females. Not a sexual thing but an otherwise ostentatious time of gay abandon, dark uniforms, partying, and where I was oh, so popular - I was a star! No wonder it's such an attractive lifestyle! And I realised that's why I could appreciate The Three Musketeers, Robin Hood, the Princess Bride, etc. Unable to complete the process so have to finish it tomorrow.*

Friday 12/2/99

***R** - Continued **12.5.4** and realised the `gay' (Marcab) experience was actually an implant. It didn't `take' with me in that I chose/choose not to be like that - you know, I'm attracted to girls (different implant/s). But until I discovered the `gay' implant I now see I was effect of it in that it made me oppose/resent gays subsequently. I see some/many have chosen to agree with the implant, which puts them in opposition to those who've disagreed with it. Then I suddenly saw that ALL the tone levels/emotions are some sort of dis-ease/aberration separating us from the static/god. And if the static is ultimate truth then all emotions are/must be lies. And maybe the biggest lie is identity - maybe we ARE all ONE. I keep coming back to that conclusion, and it's scary. But there must be SOME big lie/s under everything holding everything (mest) in place!*

***12.5.5 How could you help an angry person**, etc. revealed to me that from the static (viewpoint) emotions are simply symptoms of disease/aberration an individual is dramatising (anger is an obvious dis-ease) as they fall away from serenity. I saw that units of theta separated with barriers (distance, time, etc) could manifest the range of tones/emotions as they tend to re-unite. Look at the fireworks when you try and separate a child from its mother, for example. Now I can really appreciate Hubbard's appropriate/ accurate choice of the word `terminal' to describe such a theta unit or individual.*

***12.5.6 How could you help an antagonistic person**, etc. After a couple of pages of answers my ears started `singing' and I really felt some stuff/mass was shifting somewhere in my mind/universe and I realised any serv fac/must do/supposed to is an additive to just being there/static, another lie pinning me to mest. I realised ANY Antagonism automatically puts one in a Game with whatever/whoever is opposed. After more answers I got a recall of humans opposing thetans and remembered the datum `what you resist you become'. Had lots more cognitions as I continued the process and continued to get charge off this area, tracing it back to theta v mest, spotting how we've learned to be antagonistic and oppose things/ each other so as to have games. Feel there's further to go on this one.*

Tuesday 16/2/99

***R** - Had big cognition this morning that I in fact had a lot of **antagonism** in me (a bit of a severe reality adjustment/shock as I'd assumed I was further up the scale) so I'd cleverly not-ised it up until now. So this had been unearthed with **12.5.6** so I continued the process on the principle that what turns it on turns it off. Realised a number of things -*
1. I saw that in fact I WOULD abuse any power/position/wealth/OT ability, etc by being biased
2. Realised wisdom must precede any gain/re-gain of advanced abilities
3. Saw that abuse is mis-use of others
*4. Having come down through **antagonism** to the lower levels, one has to return through it*
5. Beings at antagonism are perfect opponents in any game
6. Total freedom is gained by undoing everything one has done (LRH's no track, no charge)

***12.5.7 How could you help a bored person**, etc, after only half a page of answers produced the amazing experience of having more time and space than in lower levels. Logically one is more able the higher one is on the tone scale. One can DO more in LESS time, etc, but I'd always just accepted this as degrees of competence. Now I see that in fact a being actually has more time/space/energy going up the scale, and less going down. For example, my mother at anxiety never has enough time, space, energy, money, food, clothes, or anything else, a complete alter-is of our actual situation.*

***12.5.8 How could you help a conservative person**, etc, again after only one page I understood how ALL the tone levels are improved with clearing, so that beings are freed up to play better the game/s of life. I gained a new understanding of how life is a game/s and felt free to create/change the rules of life's game/s.*

Wednesday 17/2/99

***12.5.9 How could you help a cheerful person**, etc. My dad quickly came into view on this tone level but the process revealed this was his `social' tone level - the one the public sees. A bonus was seeing through this and spotting an actual tone level of sadism (he made **T** cry with his sergeant's mess `games', upset her with his stories of catching/killing rats and mice, squeezing her hand too hard in handshakes, making mum complain he was `too rough' massaging her shoulders, etc). There is no judgment of these lower tone levels. Discussing these revelations with **T** brought her much relief/tolerance, etc. Indeed `Understanding is the universal solvent, it washes away everything', as Ron said (Tech Dict defn 3). Anyway, after four pages of answers I realised MANY more understandings were necessary to get where I wanted to go, clear of life's games, cause over games, the ultimate winner's circle. At this point I knew I'd finished **Cheerful** and wanted/needed to do **Games**.*

***12.5.(10) How could you help a person at games**, etc. - Well, I committed that horrible crime again of making up my own process all by myself! Actually, it wasn't difficult if you look at the Pilot's questions for these processes. And I knew I'd had losses/failures re **games** so I knew I needed to do it. Then I compounded the error and made myself right by having some great realisations! The first was discovering the reason I wasn't picked for a cricket **game** at age 11. It wasn't because they didn't like me after all. It was because they already had 22 players! My solution to such losses/failures in life was to go down the scale from **games**. Five more pages of answers led to attaining a personal reality that there is the **game** of theta versus mest and the way to win it is through clearing. I also realised why all games are aberrative. They don't undo any of the problem/s of mest, they only enforce or re-enforce them. In fact matter and space comprise the playing field, or **game** board. So it's all down hill from there. I also discovered that*

*not everyone is my opponent in the **game/s** of life after all. In fact they can be team mates. I've never been a `team player' so this was another revelation for me. And it became obvious that the most successful people who ever lived are in fact losers in the theta versus mest **game**. If you are here in a body on earth then you've lost that **game**. Possible exceptions are those who can appear and disappear from this universe at will. And that would be a doingness, not an assertion. I did it once this lifetime, under extreme duress (the end phenomenon of my Purification Rundown) but I haven't mastered the ability to do it at will. Not yet.*

Friday 19/2/99

***R** - Continued clearing **games**. Realised boils/illness etc are attacks/**games**, that everything is **games**, that all emotions are below **games** and therefore signs of losing, that life is God's **game** of hide and seek, that watching **games** is a harmonic of the action of the static `viewing' life, same same the individual viewing his past (mental mest). Then I exteriorised from **games**/life. This experience was a withdrawing back from life as I normally view/experience it (I always assume I'll exteriorise up!), so I was looking out at it, rather than being IN it. So that was VERY nice. That made me see how much I'd wasted hundreds of hours of confront drills (especially TR 0) as they never led to this experience, when they COULD have. Then I saw why postulates is above games (and decided to do that next) and that one must be automatically counter postulating for any game/problem to persist. Then I suddenly saw how much action I/we engage iin below the games level (work, for example). Then I saw the tone scale is simply a gradient scale of aberration! Then I regained the ability to have/not have games, exteriorise from them at will, etc, and saw I'd experienced it years ago without realising it (what a waste!) and that the Buddhist `suicide' and/or dying (if voluntary) is a demonstration of this. I then saw a superior state would be the ability to be there or not, at will. Cause over being there, manifesting, etc.*

My head was really buzzing by now with this process and I felt masses/energies/flows/particles re-aligning. I saw I had always assumed anyone at games would oppose me and realised I'd chosen (all) others as opponents in game/s of life. That gave me a lot of games! Boy, wasn't I clever? So an infinity of individuals provides an infinity of potential games, except for a few `friends' who are on `my' side! Friends are those who simply are not opposed to me. Then I thought of Jesus and saw an example of sacrifice of a piece/player (the body) by a master. Then I saw that existence is the primary game we are all playing, but far from a knowing condition. Then I saw pieces/players simply as positive/negative terminals instead of friends/enemies and recalled vast Marcab implanting operations creating a universe abundant with just such terminals. And here we still are. And THAT explained why I have such problems freeing/enlightening others today. It's my postulate/counter postulate, intention/counter intention etc because I was so successful at the implanting game! Then I saw that my inability to be a team player was in fact a ruin on the games level. Then I saw that resisting not-being was somehow the cause of being, which explains the importance of the Samurai code advocating no concern for living or dying, or LRH's `Your self determinism and your honour are more important than your immediate life' (Code of Honour, number 9), and Shakespeare's `To be or not to be', etc, etc. Then I saw that revenge/payback is simply a return of perceived unwanted energy, guaranteed to stick one in a game like a fly to flypaper. By now (after 7 more pages) I was feeling queasy and decided the loss of all games via a loss of beingness could cause that as a loss of havingness.

Sunday 21/2/99

***R** - Woke up about 5am and couldn't stop cogniting. Last night after two beers with the family I suddenly*

realised that just as `everyone wanted' computers when they came out, and prior to that TVs, before that radios, before that cars, etc, then it was the SAME THING with bodies. I realised I'd reached basic basic on things/objects I had to have. At the same time I realised there was something earler than the meat body and doll bodies and the idea of force came to me. There were many other cognitions which I don't recall. One was that the emotional tone levels were all `postulates'. Later in the morning, after 20 laps in the local pool, I developed a headache which I put down to lack of food/protein. Ate heaps of fish for lunch but the headache persisted and I told* ***T*** *it was related to the `force' idea.

At the pool with ***T*** *I again used my increased ability to listen/agree. The conversation began with her frustration/concern at not having done processing for some weeks. She said she could not relate to my wins with higher tone scale levels like Cheerfulness, Games, and such. She said she felt she would get more out of doing levels such as Sacrifice and Blame so we decided to pick out suitable emotions later from the tone scale and continue processing with those.*

Monday 22/2/99

T - *After several weeks of steadying myself (new house, new job) I have again put my attention on self-clearing. After completing chapter 12 with no huge wins, I discussed with* ***R*** *my next step. We feel that the tone scale covered by The Pilot eg* ***How could you help a cheerful/conservative/bored/apathetic person*** *covers areas where I don't often reach. Instead, I will concentrate on these parts of the scale, which seem real to me sacrifice/blame/failure/ victim/pain/boredom). Recently I realised, after a weekend spent shut indoors and upset, that I am often depressed because it's my true emotion, one that I have always felt since youth.* ***R*** *commented that I purposely turned situations into upsets. However, I explained that I don't enjoy being depressed, but it is what I know. I don't feel happy, meaning overjoyed or enthusiastic. I am always blasé about everything. There are few things that I look forward to or am interested in, and this is slowly decreasing. I make little effort to look good. My hobby is sleeping. I hope that as the self-clearing progresses I can rid myself of these habits and become more purposeful. My enjoyment/inspiration is seeing* ***R****'s results; he glows when he discusses his results, and yet he can sit down for a beer like everyone else. I mentioned to him on the weekend that he is fanatical about clearing, as his father is about the army, as I used to be about movies. If I could be fanatical about anything, that would be a win.* ***R*** *and I also talked about games. I have always thought that compared to my brothers I was a loser. I couldn't beat them at chess, computer games, I threw like a girl. I didn't enjoy playing against them in board games. However, in our adult lives it is me who has won a trip overseas, weekends away, movie tickets et cetera. I have been able to reward myself, making up for a lonely and confused childhood. Today I have discovered that my brother broke his elbow and will be in a cast for three months. I don't feel any sympathy. I don't feel anything.*

*(****R*** *- I would say passionate about clearing, rather than fanatical, but I make no apologies for it. I do acknowlege that I should not be EVALUATING so much.)*

R *- I continued* ***12.5.(11) How could you help someone at postulates*** *for a 7 more pages of answers. I realised we are actually ALWAYS* ***postulating****. First of all we're* ***postulating*** *our own individual beingnesses, then everything else is added on to that. After lunch I realised that NOTHING in the physical universe is important. For better or worse that awareness faded and I continued the process. Then I saw how entities are handled with the NOTs valence process (What are you/who are you). When their life/ game* ***postulate*** *is exposed then they can finally end cycle on that existence. They will stay forever in a games condition (continuously* ***postulating*** *that particular beingness/mockup) until it is as-ised. Also I*

*discovered that a genie (I've no doubt they did actually exist!) operated at the level of **postulates**, and the importance of counter-**postulates** in order to obtain the persistence/existence of something so we can HAVE stuff/things. Also I saw that protest, suppress, not-is, and all the prepcheck `buttons' are **postulates**. Then it occurred to me we should have a word `un-**postulate**', and the reason we don't is because generally we lost that ability and concept eons ago. And I saw how we **postulate** something then immediately dive down to not-know so it will stick (not as-is).*

Tuesday 23/2/99

***R** - Had another look at the tone scale this morning. Saw that **postulates** was at not-know on the know to mystery scale. Hadn't realised that EVERYONE below serenity is in a state of not-know! And that's where one sinks back to after every process result wears off. THAT'S why our processing wins etc seem to fade, because we fall back into the mud with the rest of the human race. We're never as bad off as them with the solution as close as the next process. Until we get rid of enough case, or make enough gain so we DON'T sink back at all. Also, we never sink as low as we were before. We still have to live in it, but every process leaves us that little bit higher in that mud.*

*Anyway, continuing **12.5.(11) postulates** I realised agreement/inflow was a **postulated** thing. I'd always thought **postulating** was an outflow so this was an important realisation. I'd assumed by `agreeing' I was simply going along with others' postulates. Hadn't realised my agreement/inflow was MY postulate/desire. Therefore whatever one sees that one is not as-ising one is postulating/co-postulating its existence. The it occurred to me that if the highest purpose in this universe is the creation of an effect (LRH), then the lowest may be to experience/be an effect? Then I saw that mest provides something to push against, a have/havingness and so postulates is the do/doingness following be/beingness or existence. Also that our inflow of mest may be the direct/immediate backlash/result of looking or putting out anchor points. Then I saw that life/existence is a gradient scale of unconsciousness, or as others have observed a `dream' , and others and `illusion', etc. Then I realised that by having an identity one automatically sets oneself up against the remainder of the dynamics. Again, others have said it's necessary to dissolve the self/ego, etc. but it's nice to see that for oneself. I realised being in this universe and not being able to appear/ disappear at will was at least liability (see ethics conditions). Then I actually recalled making the decision (see the Factors). This led to realising the best way to help others at the level of postulates was to show them `the way out' and that `the way out' is probably the ability to cease making or as-is the First Postulate. Further, since he highest level on the tone scale is serenity of beingness, which infers no necessity to postulate, then the obvious next step up is no necessity to be.*

Thursday 25/2/99

***R** - Decided I needed to do the next higher tone level so this would be **12.5.(12) How could you help a serene person/how could they help you**, etc. The first thing I realised was true **serenity** would be a doorway to god/infinity/ static, and it became real that the 7D is higher than the 6D. Then it became more real/obvious that **serenity** is on the way to static because it is opposite to striving/wanting/suffering. Then I saw the importance of all that early track implanting. Without false/artificial/arbitrary goals/purposes to keep us motivated we'd keep rising back up through **serenity** to static (and escape from mest). This confirmed there is nothing important to do (in the mest universe) apart from undoing and discarding our false/ artificial beingnesses. Next I saw the way out/freedom was to not continue to mock-up/validate/ perpetuate mest, to not play the/any game/s. With that I understood the nonsense aspect of Zen, when the master says or does something the disciple finds inexplicable. The student has to learn to stop striving to*

understand everything, but rather to just accept things, or as we would say, confront the is-ness. Then I discovered I had a must-have on the state of static, on the very thing I want the most! I saw I had to be willing to let go of my purpose in order to have/achieve it, and had a brief revelation that implants were involved. Again I saw the importance of implanting beings to `assist' them down from ***serenity*** *into mest/ games. It was necessary to sabotage that* ***serenity*** *with automatic mechanisms that would restimulate/ provide oppostion every time they postulated something, an artifically induced/ enforced game condition. So ANY postulate brings them down to games because it is artificially connected to an opposing postulate. Then I saw exactly why implants worked, something I've never quite understood despite having run-out/ blown a number of them over the years.*

Again, all of this confirmed that there is a `way out' and that it consists of undoing/solving/exposing our individual time tracks, including those things known as implants. A nice validation of my state of ***serenity*** *came from a co-worker who remarked that I appeared so calm while everyone else was stressing out.*

Friday 26/2/99

R *- Continued* ***12.5.(12)*** *for couple of pages. Realised withdrawal from mest is in a backward direction (from my viewpoint), not an upward one as I had assumed. Realised theta DOES operate in terms of reach and withdraw, and that withdraw = leave (a game). Realised any attention on mest pulls one into it. Also that the more clearing one does then the more* ***serene*** *one becomes. Ran out of time so ended off with no definite result at this point - but see next paragraph.*

Exterior

R *- Achieved a remarkable result from* ***12.5.(12) How could you help a serene person****, etc. Arriving home after work, shortly after doing some physical exercises (100 sit-ups, 10 pull-ups, squats, handstands and jumps), I saw* ***serenity*** *related to the big win I had doing* ***12.5.6 (antagonism)*** *in that it was a level of non-resistance. At first I got that* ***serenity*** *was a non-resistance to anything in the physical universe. Then that developed into seeing it as a non-resistance to any be/do/have efforts/forces, etc, on all 8 dynamics. I mentioned this to* ***T*** *as we had our first beer and then when my parents arrived home from the Club I realised I was exterior while talking to mum. I took this as further validation of the* ***serenity*** *result and again mentioned it to* ***T****. I compared the experience to being a ventriloquist with his hand stuck up a dummy and noticed I hadn't ever achieved such an experience with alcohol before. It was also interesting to note the differences in the effects I and/or my body experienced from the exercises, the self clearing, the alcohol, and life generally which has been going so well lately.*

Saturday 27/2/99

R *- As I type this (there's 5 days of processing to type up!),* ***T*** *is sitting on the path out in the garden. I take a short break to see how she's going.* ***`Hi, watcha doing?', `Just doing some weeding - I love doing this. It's great having all this energy. Must be all the self-clearing!'*** *So she is doing very well lately. My most difficult problem now is getting her to put her results into the diary. She just seems to take them for granted - I'm just going to have to restimulate her occasionally to remind her there's a lot more work to be done before we can take a break from clearing. I wonder if our readers appreciate how hard it is to get everything diarised when we'd rather be surfing the net (or gardening!)...*

Monday 1/3/99

***R** - Decided to do another tone level (Needing bodies - see tone scale), so this would be (additional) process*
***12.5.(13) How could you help someone needing bodies**, etc. which ran for eight pages of answers. After two pages*
*I realised terminals are necessary for flows to occur, at which point **needing bodies** became real to me. Became aware of **needing bodies** for 2D purposes/sensation and realised theta solution would be to as-is/ resolve such need/s whereas human/mest solution is to create an industry to satisfy such needs. Theta pole trap incident came up again and also recalled producing/manufacturing bodies earlier on the track, (considered much like producing suits of armour) for beings to use in combat type games. Then I spotted the tone of worshipping bodies (see tone scale) I'd been personally dramatising (e.g. as a kid, cutting pictures of Superman out of comics & putting them on the wall). Then I kept feeling sleepy so figured I was overrunning the process. I decided the win was realising that **needing bodies** provided multiple viewpoints for the eighth dynamic to manifest/experience and play the game/s of life, or on the seventh dynamic to provide body games for all those who want to play.*

***R** - Continued on with **12.6 Spot an acceptable/unacceptable way of helping** for two pages but didn't complete it.*

Tuesday 2/3/99

***R** - Continued **12.6** for four more pages with no real EP. Vague maunderings such as everything has **helped** somebody or something at some time or other, and/or that even **unacceptable help** serves a purpose in the great cosmic scheme, and that when beings are sated with mest they'll then want to leave, and that a time track is simply undigested mest, but nothing substantial really.*

Thursday 4/3/99

***R** - Continued **12.6** for three more pages. Realised that force (being **unacceptable help**) is automatically rejected by a being, which makes it stick. No real EP yet.*

Friday 5/3/99

***R** - Continued **12.6** for six more pages, had many marvellous insights, then decided I was overrunning it. One highlight was realising correct balance of force and reason was best **help**, such as when on a thought level I used force/violence on a youth with a noisy Walkman. It really relieved the charge for me (and others nearby, no doubt) without causing a scene. After a few minutes of punching the crap out of him (mentally) he got up and left. I decided I must have used a correct balance of force and reason to **help** the situation and in fact was operating on the theta level. And because we're `not supposed to' think violent thoughts I realised that suppression of them probably causes actual violence to erupt on the physical level. I saw that operating on the theta level avoids any physical constraints/agreements, by-passes any suppression etc, and that indeed `Walls do not a prison make'. It is a wonderful freedom with love/affinity as its highest expression.*

*Actually, it's only as I write up my notes that I recognise the EP. It becomes obvious that, like so many other things, acceptable **help** is subject to a gradient scale so I was unable to spot a particular answer as significant because all my answers/realisations were valid per that viewpoint. I now see the actual highest*

point was when I wanted to quit my present job and go off to open the world's first sexual service station, to operate much like the popular car service stations, with supermarkets, child care, etc, as well as spas, masseurs, anything/everything bodies enjoy. It would be the McDonald's or Pizza Hut of brothels, popular and accepted world wide. I realised I'd arrived at create, the top of the havingness scale, on the subject of ***acceptable help****. Of course such a mockup would meet with opposition because most other beings are stuck at lower levels of* ***acceptable help****. Until they are all* ***cleared*** *on the subject of* ***help****, then one man's* ***help*** *is another man's poison.*

Saturday 13 March 1999

Summary of Chapter 12 - Help

R *- Well, I've actually completed all the processes of this chapter (plus extra ones I added on) though I haven't yet typed everything up. I wanted to end cycle on it though, tidy it up a bit, so we can officially get stuck into the next chapter. I re-read where the Pilot says that* ***each of these chapters is equivalent to doing a Grade within Scn****. I am in full agreement with that. I began self- clearing as a Scn OTIII and Class V auditor and that was fantastic. That was a great start. Frankly, the better the start then the greater the potential gain with self clearing. I cannot say where I am at now. I haven't really thought about it. Reminds me of a saying in martial arts, `Beware the faded white belt'. The guy never bothered with the gradings and coloured belts, you know, but did all the training, then some bully would come along and make the big mistake of picking on this `white belt'. So I just keep doing these processes and life just keeps getting better and better.*

Auditing/processing and training was the most wonderful thing that ever happened to me. Over a period of years It enabled me to struggle free from the quagmire, the morass, the mess I was in that passes for `normal' in our society. But the more I progressed, the more apparent it became I wasn't going to make it `all the way' with the Org/church so I left. It felt bad. I was like a fallen angel. I'd discovered paradise but couldn't hope to live there.

When I discovered the free zone on the net and saw what was available I was so excited I couldn't sleep properly for days. But still I thought I needed case supervision, professional auditing, correction, assessment, etc, etc. It never occurred to me I could achieve something on my own. But I got out my old meter and tried some stuff. It was fantastic - I was flying again. But I didn't really know where I was going. You know, driving around is great but after a while you want to get somewhere.

Self Clearing provides a freedom I never dreamed of. You not only process yourself but you don't even need a meter - just like they did it in the `old days'. Each day, even if I am a bit `down' then the next process takes me once again to the top of the tone scale. There are never any failed sessions. In fact I am more at home `up there' than I am `down here' because I spend more and more time up at knowingness. Everyday conversations with ***T*** *usually end up with further cognitions/realisations/understandings on both our parts, as do all the diary entries. ALL my dynamics are improving, with no end in sight (infinity, the eighth dynamic). For instance we are purchasing our third property in the near future while fully enjoying the house and garden we moved into over Christmas, so my/our sixth dynamic, mest, is going great. We both now love our jobs, dancing classes, swimming, so we are happy with our third dynamics. Our bodies are in excellent shape (I'm still doing 100 sit-ups, hand-stand push-ups, etc, and* ***T*** *has just broken her record of five pull-ups) and we enjoy the wild birds coming to our garden, just built a frog pond, etc, so that's the fifth dynamic. The culmination of seventh dynamic (spiritual) wins due to self*

*clearing led yesterday to directly recalling when I LOST the ability to levitate/defy gravity. You know, I recalled the actual incident of falling down from the sky after being forced by another being to agree with `gravity'. I was forced to `obey the RULES like everyone else', and down I came. In fact the word `rules' became literally a crashing misunderstood word for me! But that was then. Now I know I can (excuse the pun) rise to such heights of ability once again. Though your goals/purposes may be totally different I have no doubts that self clearing can enhance your abilities to achieve them, as it has **T**'s and mine.*

*Oh, as far as this chapter goes, I learned I don't HAVE to **help** others. That is a nice new personal freedom and a lot less pressure on **T** and some other family, friends and acquaintances. Also there were some nice eighth dynamic wins which I will leave until a later point, as I'm sure it will show up again.*

(End Self Clearing Diary Ch 12)

Back to Diary Chapter 11 Diary Contents On to Diary Chapter 13

Self Clearing Diary

Chapter Thirteen

'Change And No Change'

Our aim is to inspire others towards enlightenment via self clearing

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To get better and to become more able, you have to be willing to change. But when things are going badly, and especially when the body is or might be hurt, a person tends to clamp down and resist changing to avoid getting worse. In other words, he tries to hold things in place. This may be appropriate to the circumstances at the time, but the person often keeps doing it afterwards, which makes it difficult for him to get better.

The Pilot's Self Clearing book - Chapter 13

*(**R** - I do most of my self-processing at work while seated, operating machinery, which allows me to read, write, etc at the same time. So it's perfect for doing self-questioning type processes but not physical universe type processes which would cause others to query what I was doing. So I don't always do the processes in the order found in the Pilot's book. Process **13.2** for example wasn't done until 22/3/99.)*

Wednesday 3/2/99

13.3 HOLDING ON WITH YOUR MIND

On a broader scale, the being is to some degree tending to hold everything still on an automatic basis to prevent harm and protect him from danger and he also tends to keep things from going away as a remedy for loss. The solution is to do consciously what you might be doing subconsciously. This is done in a manner similar to 13.1 but mentally instead of physically. Instead of changing the objects location, the third step would be to make it more solid. The commands would be as follows:

13.3a) Look around the room and select an object. Mentally grab it and hold it absolutely still. (do this 5 times).
13.3b) Look around the room and select an object. Mentally grab it and keep it from going away (mentally resist its efforts to move away by holding it back). (do this 5 times).

13.3c) Look around the room and select an object. Mentally grab it and make it more solid. (do this 5 times).

Repeat.

***R** - ran it for some hours -*
1. Realised many things, including fact we have put objects on `automatic' with postulates/considerations that they remain absolutely still, won't go away, etc.
2. Again got reality that this (mest/objects) stem from early track thetan `games'
3. Experienced/felt the `tractor beam/s' I was creating by doing the process
4. Realised `wanting' is actual theta inflow, and refusal is actual outflow, and when strong they did/will move stuff/mest/objects
5. Once objects exist/are fixed in mest they can't go away without being as-ised
6. Recalled `welcoming' an object into mest from theta, joy at it being there to increase our havingness, like a `birth', the reverse of how it would be if we could now make it disappear
*7. Realised **Hold it still** slowed down particles, reduced vibration rate so object couldn't remain in theta*
8. Experienced reality on objects' solidity/thereness
9. Continued through `effort' and recalled early track `tug of war' with objects (I eventually lost!)
10. There was (back then) a reaction upon self, mocking-up objects causes oneself to be located, oneself to become solid - overts on theta/mest put self at effect
11. Realised process was making me do consciously what I was/am doing unconsciously
12. Ran out some losses (girlfriends, places, etc) as I did b)
13. Ran out some rejection (food as a baby) on c)
14. Realised as we cause objects/mest to persist through time we hold/trap ourselves there also
15. Realised the process was the opposite of as-ising
16. `Stillness' is only still relative to other mest. Viewed from the static it's racing

Thursday 4/2/99

***R** - Continued **13.3** for some more hours, on and off -*
*1. **Regained ability to inflow***
2. Realised we invest some of self in objects/mest
3. Realised had used these theta abilities this lifetime but not recognised it, e.g. putting a tractor beam on someone to `target' them for an angry response/serv fac
4. Realised putting attention on objects does make them more solid/real
*5. **Experienced increase of ability to inflow/outflow**, really have something inside me (as a thetan), in my space*
6. Experienced is-ness of objects
7. Lots of small cognitions led to idea that any action except as-ising objects/mest was ultimately an overt, with the consequence of (sooner or later) becoming effect of objects/mest
8. Realised I'd (eons ago) abandoned responsibility for creating objects/mest - now it's on automatic
*9. **Recalled I HAD been able to move objects without physically touching them** - most recently in Merlin & Arthur's time and before that as a genie in Baghdad, believe it or not!*

Friday 5/2/99

***R** - Began today by deciding to learn prepcheck buttons verbatim, to add to my repertoire. `**Anxious About**' caught my attention as I'd been anxious about something this morning and that annoyed me. It seemed unnecessary/ inappropriate/demeaning. Out of curiosity I `ran' the button (off the meter of course - as we do all our Self Clearing) spotting a number of occasions when I was **Anxious About** something - sparring higher grades in karate, job interviews, etc. As I spotted some childhood incidents I realised it was going earlier similar. Then suddenly I recalled mum taking me to kindergarten for the first time. As I*

*realised the **Anxious About** was HER item it blew from me. This was the basic! Mum had enforced this on me in all dealings with life, people, the physical universe, e.g. using the toilet, getting ready to go out, going out, crossing roads, using public transport, meeting/talking/dealing with people, making decisions, etc. etc. This had been a chronic ruin for me since that time and it's an incredible relief to be rid of it! Wonder how many more emotions/items are not actually mine?*

***R** - Now with ruds in I did **13.3** for a couple more hours, on and off -*
1. Realised flowing attention units at object makes it more real/solid
2. Stopped `using eyes' to control object/s, more aware of just using (theta) beams (tractor beam, etc)
3. Got feeling I could easily crush object with intention/beams (and I won't rest until I actually can!)
4. Recalled unusual dreams from last night in which I realised I was blowing/discharging some entrapment implants, unsolveable puzzle/s causing postulates such as `There's no solution, no escape'
5. Realised object/s become anchor points, stable data, had power (ability to maintain position in space) given by viewer/thetan - we GIVE power to mest!
6. Thus giving away our own power - losing our space to mest
7. Flowing attention units at objects/mest may have encouraged entities etc to BE there
Unsure if process is flat or overrun. Will sort that out later.

Friday 5/3/99

13.4 Exterior Version

First repeat step 13.1 above, doing the drill physically. Then lie down and close your eyes. Imagine that you are looking down at the surrounding city or countryside. Spot objects that you would be willing to have and do the drill in 13.3 on them. You do not need clear vision or perception for this, just imagine or perceive as well as you can and grab the object mentally and hold it still etc.

***R** - After going back to complete some **chapter 12** processes I finally returned to this chapter and began process*
***13.4**. Only had time to do a few commands which was enough to realise that exterior I wasn't able to see clearly because I was worried about as-ising stuff, that I was not-seeing so as to have stuff. Then I felt I was getting `stuck' to objects so if they disappeared suddenly I would go with them because not big/strong/ stable enough to hold location and hold them still.*

Monday 8/3/99

***R - Hard to get back into processing because of such great wins recently.** Really blown out this morning reading*
Creation of Human Ability (COHA by LRH) on train going to work. The book is a theta GOLDMINE of information and processes. I had skimmed through it years ago and dismissed it as the current `Bridge' seems to use only a tiny fraction of it. I read a couple of pages every morning now and arrive at work so keyed-out! This morning I read how CDEINR applies to the Know-Mystery scale, and started spotting things like enforced mysteries (clothing, walls, etc) for example.

*Later continued **13.4** making three pages of notes for the approximately four hours of processing throughout the day. Firstly it keyed in an operation (age 11) for which I had been knocked out (exteriorised, as I discovered some years ago during processing) with gas. I realised the anaesthetist was*

`holding it still' (my body) and I was holding the somatic still (so as not to make it worse) and I realised the numbness (which I'd always thought was nerve damage) was also a result of my holding it still. Then I saw that seeing/agreeing with an event's is-ness (e.g. my operation) stops it from changing/as-ising which led to understanding what fixidity (see scale -27) was - because what I'd done with the operation was fix it in my memory.

Continuing the process I realised I was holding still (still had a tractor beam on) a property which we'd sold recently. Then I recalled an early memory of pushing a small boat which was stuck - I was worried about it getting away. Then I recalled a loss of an early girlfriend where I failed to stop her going away. Then I saw that moving a mental image picture makes it more solid. Then I saw (past life) an African grass hut blowing away in a storm. ***This made me realise mental pictures are a way to stop things going away completely, and that all my pictures were/are there to `keep it from going away'.*** *When I continued I began to dope off so I realised I'd overrun the process. So there is the potential as-isness of all things, which would be the loss of all havingness/reality. To avoid this we make pictures of things and interact with those.*

13.5 Change Process

We ran a very simple change process in chapter 7. Now we will do a more elaborate version.

13.5a) What would you be willing to change in another person.
13.5b) What would you be willing to have another person change in you.
13.5c) What would you be willing to have another person change in others.
13.5d) What would you be willing to have another person change in themselves.
13.5e) What would you be willing to change in yourself.

R *- Produced four pages of minor cognitions without flattening. Realised mest/bodies/game will continue ad infinitum until/unless it's as-ised. Realised I was happy to change another's antagonism/hostility to fear/terror.*

(Reminded me of the story of the Zen master who insulted an arrogant warlord provoking him to draw his sword in anger. As the blade came towards him the Zen master said `Ah, thus open the gates of hell!' which stopped the killing stroke. Then the Zen master said `Ah, thus open the gates of heaven!', at which point the warlord experienced the enlightenment he'd been seeking).

Then I saw that antagonism/hostility was a coming uptone for some people, so it may be okay after all. Also blew some charge to do with betraying groups and realised the importance of `Never withdraw allegiance once granted' , etc, (see Code of Honour). Also realised that throughout the self-clearing I was actually EXPERIENCING so many of the processing concepts and basics I'd read about over the years. Instead of just knowing-about them, second-hand, I was able to know them (see tone scale). (For instance I actually recently recalled postulating my own beingness (see The Factors, number 2) In fact, processing could be viewed as putting one's attention on an area of life (confusion, aberration, ability, etc) until one KNOWS it.

Wednesday 10/3/99

13.6 Change and Control

13.6a) What must be changed
13.6b) What must not be changed
13.6c) What can you leave uncontrolled
13.6d) What can you control comfortably

***R** - Before starting **13.6** I noticed I'd already experienced a beneficial **change** as a result of this chapter - I realised I'd lost a `must-have' on being/doing/having, and that one needs the freedom/ability to **change** if one is not to be trapped in/by mest. Then I recognised this process would lead someone through Need of Change (-4) (see scale) and Demand for improvement (-3). Then I did **13.6** and realised immediately I hadn't wanted my eyesight to get worse (-5), nor a relationship when I was younger, nor some jobs I'd had, etc. Then I realised I could leave unchanged anything/anyone already controlled, providing a fantastic illusion/feeling of freedom because it was only then necessary to control oneself. **Which mimics the static which is leaving EVERYTHING uncontrolled** or on automatic pilot. I quickly overran the process then rehabbed the realisation that if one could leave EVERYTHING alone/uncontrolled then one could leave the mest universe.*

Thursday 11/3/99

13.7 Recall

There are 4 processes here, each with two commands.

13.7.1a) Recall changing something
13.7.1b) Recall stopping something from changing
13.7.2a) Recall another changing something
13.7.2b) Recall another stopping something from changing
13.7.3a) Recall society changing.
13.7.3b) Recall society resisting change.
13.7.4a) Recall changing yourself
13.7.4b) Recall stopping yourself from changing

***R** - Did **13.7.1** for three pages. Started with recalling changing underwear this morning back to **changing** people with implanting, realising changes were actually changes in/of reality. When I continued I noticed I was skipping flows (recalling how water **changed** to ice, for example). Actually, as I write this I suspect that as/being the mest universe then of course I would be causing such changes. Anyway, I acknowledged that `**changing** reality' was the highlight of doing this process and summarised that*
1. We postulate/decide something
2. We communicate our idea to someone (let's go see a movie!), or directly to mest (e.g. switching on a light)
*3. Reality **changes***
4. Therefore we are/can be cause over reality
*Then I realised a light switch represents a prior reality/agreement, the potential **change** in reality is pre-postulated.*

*Then did **13.7.2 Recall another changing something/stopping something from changing** and becoming dopey after three pages without spotting the EP. As I review the first page of my notes it is clear I*

*discovered that others cause **changes** in reality by obtaining MY agreement. For example I failed to pass my brown belt karate grading the first time, deliberately sabotaging it so my instructor had to fail me, because I KNEW he wanted to upgrade me whereas I'd decided I wasn't ready for it. So without my agreement the reality failed to **change**. Of course agreement/reality can be enforced so simply disagreeing with something may not prevent it from happening, as I discovered when I recalled levitating (a long time ago) then losing the ability when a group (I've labelled them `gravity patrol') came along and one of them postulated I should agree with the rules (e.g. of gravity) like everyone else. As I type these notes I realise the EP is that others can be cause over or change reality and that I can be effect of it, experience/have it, etc. Also there is the factor of not being effect, not being changed, such as when a parent smacks a child and the child does not agree to be effect. In which case the parent receives the effect of their own cause and their hand receives the pain. The same thing applies when you punch a brick wall.*

*Then did **13.7.3 Recall society changing/resisting change** for three and-a-half pages. I recalled riots, fashion, the hippie 60's, the effects of drugs, etc. and ran straight back into the `gravity patrol' of the previous process who were actually **changing**/shaping society way back then. I realised I had a HUGE crashing (literally - I fell from the sky) misunderstood word - `rules'. I'd considered I was above the rules (of the mest game) and was forcefully made to agree with them. After that incident the rules ruled me. Before that I was above/beyond the rules. That's a basic reason why I experience charge/get upset when I see OTHERS disobey the rules. I was overwhelmed by the leader of the gravity patrol and went into his valence. I subsequently went on a campaign to stop others flying/levitating until even the Roman/Greek gods were stopped, thus ushering in a new order. Defying gravity was thereafter forbidden (until the Wright Brothers built machines to do it - which caused many people to faint with shock, such was the forbidden nature of the concept). I then saw how society with its fixed beliefs/group think automatically suppresses the individuals comprising it. They are not allowed to venture beyond the common agreements/ reality of society/knowledge/science which is therefore resistive to any **change/s**. I then saw that society must become more and more solid/fixed/mest because it can only **change** AWAY from freedom/theta/ creativity.*

*My personal big win on this process was rehabbing (again, it keeps coming up) the purpose to fly/levitate. I now understand it much better as the desire to overcome the rules, to become cause over mest (again). I saw that just as one can break the rules (cheat, if you like) of Monopoly one should be able to break/ surmount/disagree with the rules of the physical universe. There may be penalties - I'm not saying it's good or bad to break the rules. But I'm sure as hell saying it must be possible. Because I can actually recall doing it in the past then half the battle is won. Who said `What the mind of man can conceive it can achieve'? Anyway, I see the `way out' (of mest) as being pan-determined about the rules of mest, including gravity. And there are plenty of examples of people achieving such things. The Vatican acknowledges that St Francis of Assisi levitated (I read somewhere that 30 other Catholic monks did also.) Apparently this was the basis for the Flying Nun TV series. The history of yoga includes many levitating/flying yogis. Then there are the Arabian genies, flying carpets and so on. And of course most of the Greek and Roman gods. Finally I saw if one can overcome/as-is any counter postulates (such as from a gravity patrol) and proof oneself against potential counter postulates, one should be able to assume cause over gravity, for example. After all, `gravity' must be somebody's postulate originally which we've now all been **changed** to agree with.*

Sunday 14/3/99

R - Wow, it's hard to believe we started this diary one year ago today! *Only noticed it because I was editing earlier chapters, so we completely overlooked it at the time. One observation to be made is that we average one chapter of*
Self Clearing per month.

Tuesday 16/3/99

R *- Did* ***13.7.4 Recall changing self/stopping self changing*** *for eleven pages without completing it to my satisfaction so I'll do some more next time. Meanwhile I discovered the following -*
1. It was my resistance to being changed which led to my downfall in the above `gravity incident'
2. Experienced innumerable changes due to processing but it's often three steps forward, two steps back
3. Processing changes are improvements, all others (ageing, etc) are deteriorations
4. Realised I had/have deep (ancient- from implants, etc) resistance to change
5. Realised I have attitude/s to change (why should I - type of stuff)
6. Realised must have permanently changed self at start of track in order to get persistence
7. Spotted LOTS of changes/stopped changes up and down time track
8. Lost ability/freedom to change after theta pole trap incident - stuck at Fear of Worsening?
9. Realised service facsimile/s kick in when I lose willingness to change
10. Became aware that stops in life from others were caused by their implants
11. Most (all?) of my overwhelm in life was because of very basic ARC/agreement with others/mest/ mockups

Thursday 18/3/99

R - Experiencing some very good wins/realisations recently*. For instance this morning reading Creation Of Human Ability on the train rehabbed a recent win of realising NOTHING in the physical universe is important. What I glibly overlooked before, however, was myself/body/viewpoint. If those can be included then there's no longer a reason to be here/exist. Also reading COHA I learned the connection between importance and games. One assumes that importance/s are inherent in things/games etc, but the truth (obviously) is importance/s are assigned (by ourselves/others)*

Another big win occurred at work yesterday. *I kept getting stuck in failed help (see pre-have scale) with some colleagues over the years. I am WELL able to help others. The problem was never mine at all though I always assumed it was. It was only with the understandings gained from this chapter on* ***change*** *that I realised THEY were unable to* ***change****/improve, unable to accept help, etc, and I had never been able to accept that fact. Although they pass for `normal' many such people would actually be diagnosed today as `learning impaired'. This realisation came with much relief and amazement!*

Continued ***13.7.4*** *for nine more pages of answers. After three pages I realised at start of track I stopped myself* ***changing*** *back to static,* ***changed*** *self by moving in space, so must have been* ***changing*** *ever since to avoid as-isness. That led to realising I'd postulated being effect so as to* ***change*** *self so as to* ***stop changing*** *mest. So ironically I had to be effect to be cause over staying/being here. Couple more pages and I realised I refuse/d to* ***change*** *if ARC is missing, that force makes me resist/ridge. And that makes ME want to use force to* ***change*** *others. Then I saw that full CAUSE is actually a degree of EFFECT in that there would be no resistance to being effect, would be willingness to be/do/have any effect/s/****changes****. Then I saw that all manifestation was either* ***change*** *or* ***stopped change****, and that internally I was constantly/chronically* ***changing*** *(thoughts/mind/attention), and that all past thoughts/observations were*

internalised/mirrored by me. Then I saw that regret is trying to reverse time (sequence of events) after all, as Ron said. Then it became obvious that freedom = freedom/ability to ***change*** *and saw that I needed to learn to waste mest, and need to remedy my scarcity of universes (Only aware of the three universes but there could/should be an infinity of them).*

As I continued the process I saw the goal of the mest universe is to put me/you/us at created (see havingness scale) and has mostly succeeded as most people will tell you they are a product of this universe. Which is ironic because we created the universe. Then I saw that birth is a restimulation/ dramatisation of this `created' viewpoint. Then I saw that learning often occurs as a series of ***stopped changes*** *(when I taught myself a difficult dive I increased my body angle by about 20 degrees each attempt until I landed flat on my back - which hurt like hell - and then I was able to do it perfectly) (which also validates LRH's gradient scale theory). When I saw I could only have/handle small* ***changes*** *I acknowledge my inability to tolerate big* ***changes****. Then I realised I was unwilling to* ***change*** *in case I deteriorate - and recognised this as the Fear of Worsening (see -5 on awareness scale), and spotted/blew some life ruins (see -7 on scale) resulting from* ***changes****, which blew/resolved an identification/A=A that* ***change****=ruin. Realised probably overrunning process by page 9 and rehabbed above wins.*

Friday 19/3/99

13.8 Change/Unchanged

13.8.1a) What could change you
13.8.1b) What would leave you unchanged

R *- Did* ***13.8.1*** *for six pages of answers. After three pages I realised everything/anything could* ***change*** *me - I was potential effect of everything (a thought, word, sight, sound, etc). I was* ***changing*** *constantly, therefore always have (since beginning of track), therefore continuously deteriorating - at least until began processing this lifetime. The game now is to continue* ***changing*** *for the better. Anyone familiar with the ethics conditions will recognise that if a condition is not improving (e.g. one's spiritual condition) then it is deteriorating. Life is* ***change*** *and if you don't/can't/won't* ***change*** *it for the better then you must get worse. It is well known that nothing stays the same. Therefore there is only either improvement or deterioration. There is only up or down. All else is only wishful thinking, delusion.*

13.8.2a) What could you change
13.8.2b) What would you leave unchanged

R *- Went straight onto* ***13.8.2****. After two pages I recalled postulating matter and energy being stronger than me (a very early* ***change****), eventually leading me to search for answers within/from the mest universe. I realised I had allowed/elected the physical universe cause and myself effect, and then got the reality I was on a/the path to reverse that situation/condition (as per the 8-8008 formula).*

13.8.3a) What could change others
13.8.3b) What would leave others unchanged

R *- Then* ***13.8.3*** *for one page of answers further developed above realisation. If others were not changing then they would as-is. Because man does not know how to improve his individual spiritual self then he will continue to decay. It was difficult in Buddha's time to attain enlightenment. Now we have clearing/*

processing it is comparatively easy, yet the average human today is barely able to recognise this salvation, therefore relatively few attempt it.

13.8.4a) What could you change about yourself
13.8.4b) What would you leave unchanged about yourself

***R - 13.8.4** ran for five pages of answers. Some interesting stuff, e.g. a **change** of abandoning the ability to levitate when the Emperor slaughtered a whole village as retribution against our temple. This was a graphic example of being forced to **change**/agree (and also explained my enthusiasm for kung fu/shaolin movies, the Carradine Kung Fu series, etc). As I continued the process it became more obvious how I'd **changed**/reduced my theta abilities to near zero because of suppression/coercion from others and mest. As LRH said, we agreed, and agreed, and agreed, and we're still getting punished! Then my service facsimile/s were exposed with thoughts/postulates like `If I DO change then it's permanent - look what you've done to me' and `There's no turning back' (because time rules okay), `One day they'll pay for what they've done' (they'll be accountable), `If that's what they want then I'll destroy/abandon that ability, control, area, reduce my reach/spage', and so on.*

*Of course all this renewed my hope/belief that it can all be undone. Then I saw that in my reality (from my perspective/ viewpoint) mest had won the game of theta versus mest. (As I type these notes from last week I also now realise I was unwilling to lose that game and resisted all the way!) (down!). Now I saw that in fact it is okay for theta to win. I became aware I had betrayed theta and caved into mest/force when I shouldn't have. It was in fact treason (see ethics conditions) on my seventh dynamic when I chose to agree with mest, etc. So basically this process allowed me to review some bad **changes**, thus paving the way for future improvement.*

Sunday 21/3/99

***R** - Because **T** has done no processing since January we discussed the situation in a new unit of time and I got her agreement that the Repair List (Appendix B) was the best thing to do. I went through each item on the list asking if it applied to her in connection with **self clearing**. We cleared up a number of ARC breaks to good results, and handled some charge on `learning' by tracing it earlier similar, and so on. I ended the repair after sharing a good belly laugh with **T** about a couple of her childhood incidents to do with study, and her agreement she felt okay to continue **self clearing** if she had more help/supervision from me on the physical universe type processes.*

*In the evening over a couple of beers I raved (talked with enthusiasm) to **T** about how mankind had agreed they only used **10 percent** of their brain/capacity/potential. As I said this it suddenly became clear to me why such people generally had no interest/understanding of clearing/processing. You see, even their **10 percent** is mest. The average human being is so identified with his body and the physical universe he cannot imagine/comprehend anything beyond that. If he alludes to the spirit at all he says he HAS a spirit. He cannot comprehend that he IS a spirit because he KNOWS he is a body, which is a lump of meat. Therefore even the **10 percent** he credits himself with is tied up with mest/matter. He has NO spiritual awareness so the other **90 percent** is beyond his ken, obviously, because it is in fact spirit.*

The `Fifty-One percent' solution

*Based on the human agreement that we rarely use more than **10 percent** of our total brain/capacity/ potential then the following becomes obvious. Upon considering LIFE in terms of theta versus mest, or spirit versus matter, anyone able to do regular self clearing must be operating on at least a capacity of **51 percent** of their total potential. Because if they don't have time to do a process then the physical universe is winning. If they believe they need but cannot afford a professional practitioner then the physical universe is winning. If they find the processes too difficult to do then the physical universe is winning. If they cannot see why self clearing is important then the physical universe is winning. (Interestingly, further extending their own logic, if humans operate at **10 percent** of their capacity to think/reason, etc, then there must be **90 percent** unreason/entheta).*

*Conversely anyone doing a clearing process to a result is manifesting sufficient spirit/thought/self to overcome the mest universe to that degree. Therefore they must be operating on at least **51 percent** in terms of theta versus mest. I have long sought a standard against which to measure spiritual progress. The Grade Chart has been magnificent and if it is seen as a spiritual road map (with the awareness scale as an oil gauge) then **the 51 percent solution** could be the speedometer. (The analogy could be extended to include obstacles and road blocks (misunderstood words), mountains (too steep gradients), etc.). **Self Clearing** then is a **51 percent solution** to the current problem known as homo sapiens. As the best of them rarely operate beyond their **10 percent** I can see why so few are involved in clearing.*

*Again, thanks to the beer, I was able to counter **T**'s remark that I sometimes seemed obsessed with the **self clearing**. I said that anyone not interested in **clearing** was betraying their own obsession with mest. **Clearing**, spiritual recovery, etc would be meaningless to someone stuck in (in full agreement with) mest. Because the majority of the human race is and has been in this condition since long before recorded history then they are quite blind to their own obsession/condition/ entrapment and therefore see those who are spiritually awakened/oriented/aware/active/motivated/enthused as `obsessed'.*

Monday 22/3/99

13.2 HOLDING THE BODY

Now we will do a similar drill, holding on to the body, etc.

13.2.1

a) Using your hands, grab your left leg and hold it absolutely still. Let go of it. Then grab the right leg and hold it absolutely still. Do this back and forth 5 times.

b) Using your hands, grab your left leg and keep it from going away. Let go of it. Then grab the right leg and keep it from going away. Do this back and forth 5 times.
c) Using your hands, grab your left leg and move it up and down. Let go of it. Then grab the right leg and move it up and down. Do this back and forth 5 times. Repeat

***R** - Following yesterday's repair session **T** and I did a couple of processes together, starting with **13.2 Holding the body**. The first process **13.2.1** focused on the leg. Normally I may perhaps have run this longer, but **T** had a win after only one set of commands so I was happy to end off and rehab the fact I'd run out some numbness (from my operation at age 11) on the first couple of commands.*

***T -** My leg went into spasms when being held.* ***Realised on the third part "grab your leg and move it up and down" that my leg is just meat and separate from the mind**.*

13.2.2

Now do the same process as above on your arms. In this case, use your right hand to grab your left arm, and then use your left hand to grab your right arm, alternating back and forth doing "hold it absolutely still", then "keep it from going away", and finally "move it up and down".

***R -** With **13.2.2** focusing on the arm some pain from an old martial arts inujury to my shoulder came off so I was happy with that result also.*

***T -** Felt very detached from my arms, they lacked importance and even looked dead. They could have been someone else's.* ***R** mentioned that "detachment' is on the awareness scale (at -19). This gave me more reality and I realised that detachment is a whole emotional level eg feeling detached from other people and life as well as feeling detached from myself.*

13.2.3

Now do the same process alternating your head and stomach/abdomen. In other words, you grab your head with your hands and hold it absolutely still, then grab the stomach and hold it absolutely still repeating this 5 times back and forth. Then do "keep it from going away". Finally, move it by moving your head back and forth (with your hands) and pressing your stomach in and releasing it. Note that this last process will sometimes help relieve a headache.

The general technique can also be used as an assist to aid in healing an injured area. In that case, you work with the injured area and the exact opposite side (or head/stomach as above). But on the "move it" step, do not move the area in any harmful way, simply find some safe and gentle thing that you can do to assert your control over the area. In general, when one is hurt one often tries to hold the area completely still and one often goes much to far, keeping the area still on an automatic basis long after the need has passed. There is also a tendency for the being to clamp down on the body and "keep it from going away" on an automatic basis because the harm or danger can make one afraid of losing the body.

***R -** Alternating head/stomach exposed a number of incidents from past lives. These included a guillotining (My first poem at school was about Madame Guillotine and the French Revolution and was put into the school magazine, also I recall being a fencing master back then, etc), and some disembowellings (some intentional - hara kiri - and some unintentional such as a bayonetting on a battlefield and a knifing in a street). My body was more relaxed - especially my neck - after spotting/ acknowledging these things so I left it at that. I made a mental note to use this process to handle somatics in the future.*

***T -** I didn't like the pressure on the sides of my head whilst holding it, with a feeling of my head being squashed in a vice. I felt that my head could be removed and the mind would still function. I didn't expect to feel this sensation and was happy to end off on that win. I realised this is also a connection to the detachment as above.*

T** - I began this chapter earlier in the year, only completing **13.1 Objective Change**. (a) I found keeping something still actually difficult to begin with. I applied too much force and the objects subsequently would tilt or sway. **R** reminded me that incorrect estimation of effort = wrongness. **I therefore discovered that to hold something in place took little effort.
*(b) To keep an object from going away requires control, as I discovered. I almost throttled the first object to keep it from moving. I then realised that all that was required was my hands cupping the object (ie assuming full control). When I was younger I was not able to control our pet rabbit. I had a fear of being scratched/hurting it, and I held it very gingerly at arms length, instead of holding it closer to me, eg in my arms. (c) I enjoyed moving objects around. As soon as I zeroed in on a place to move it to I could remain focussed and the decision to move it didn't contain any charge. As per the Pilot's example, "especially when the body is or might be hurt, a person tends to clamp down and resist changing to avoid getting worse", when I run into things or stub my toes, **R** suggests that I perform a contact assist. However, I tend to endure the pain rather than risk a process that may improve it.*

***I'd like to mention that I haven't been depressed for a while** (about a month or so). One thing I realised is that keeping busy helps me to remain happy, and I therefore don't have time to concentrate on bad things, as I used to do regularly. Another thing which has been of assistance during this time is a sense of hope when hearing of **R**'s wins, even though I haven't been doing processing myself. Hope is at -2 on the awareness scale, the level below help. I am able to embrace help more than I used to, and will keep endeavouring to do so.*

Sunday 28/3/99

13.5 Change process (see above)

***T** - I began this process yesterday but wanted to do a little more on it today. I feel that another person changing themselves is barely possible. I understand **R**'s passion with self-clearing a little more as I couldn't change myself for the better so he did (with his scn capabilities). Also, I realised that a willingness to do anything does not necessarily equal the ability to perform eg I am willing to perform self-clearing, however I confessed to **R** that my main reason for doing it is keeping onside with him. **There is a gradient scale of change, as I recently realised there is with everything** (small change could be looking up words in a dictionary, large change could be attitude adjustment). **R** told me last night about "fishing for a cognition". We agreed that my emotional state has improved dramatically over the last two months. We pinpointed these reasons for the change:*
1) lack of suppressive people around me ie I am not PTS (potential trouble source);
*2) **R**'s wins rubbing off on me as well as scn theory making more sense to me (now it's just a case of putting it into practice);*
3) production, especially my 5th dynamic involvement.

*Today when our backyard sparrows came to me for food, **I had a strong feeling of God-like proportions, which I hadn't felt before. I felt very happy and free.***

Monday 29/3/99

13.6 Change and Control

(a) What must be changed

(b) What must not be changed
(c) What can you leave uncontrolled
(d) What can you control comfortably

T - *What must not be changed is usually decided by the majority eg politics, decisions involving society. What must not be changed is again a society decision eg models have to be beautiful, that racism is bad. Things such as day/night, sun/moon, earth/sky must not be changed. Man is holding all of these things in place. The existence of mest is not changed but is changed in the line of progress eg a house is built, then torn down to build townhouses. There is something left over ie rubble. I also considered death, where the body degenerates but the bones remain. I am able to control what affects me (eg job) buy I can't control weather, other people, time, television, traffic, etc.*
I can control my first dynamic but not other dynamics. *Remembered that control = start/change/stop, which helped me realise how the process worked. Today I went back into ARC with a person in authority, with whom I'd fell out with last week. My work was also complimented by my supervisor (this is a rare thing); she advised me that my paperwork is "neat and easy to follow". Coming home I had no trouble with a dog that usually comes at me. When I arrived home there were problems facing my family (car requires a new motor, remote control for television stuck on one channel). My input wasn't sought for these problems, which don't affect me, but which have in the past. I felt as though I was above this level of importance.*

Thursday 1/4/99

13.7 Recall

(a) Recall changing something
(b) Recall stopping something from changing
(c) Recall another changing something
(d) Recall stopping something from changing
(e) Recall society changing
(f) Recall society resisting change
(g) Recall changing yourself
(h) Recall stopping yourself from changing

T - *I realised that change is not a bad thing, but it can lead to complications. It can be sudden (telephone call that my father was in hospital/diagnosis of terminal illness/death within six weeks). It can be drawn out (staff from another floor utilising our space while their work area is refurbished). Change can be permanent (loss of a close relative). It can be temporary (a staff member going on secondment). It can lead to an improvement (change of accommodation). It can lead to a degeneration (peer group influence leading to drug taking). Change seems to be most readily embraced when there is little or no alternative (eg committing an offence leads to a criminal history, change in financial situation, attitude of family and friends, accommodation if conviction leads to a gaol term). I was very happy with this process, being able to break "change" down into so many components.*

Saturday 3/4/99

13.8 Unchanged

(a) What could change you

(b) What could leave you unchanged
(c) What could you change
(d) What could you leave unchanged
(e) What could change others
(f) What could leave others unchanged
(g) What could you change about yourself
(h) What could you leave unchanged about yourself

T - The answer which surprised me the most was "the reactive mind" *for (f). (I don't usually give what I consider to be meaningful responses). I realised that change is all about choice. You can allow yourself to change, you can allow yourself to be changed, you can allow yourself to change others, others can allow themselves to be changed. An answer which I gave for (c) was "anything", however I realised that I am limited in what I could change. I am not able to change the physical universe, for example.*

R - *In lieu of a summary for this chapter I refer you to the* ***51 percent solution*** *above.*

End Chapter 13

Back to Diary Chapter 12 Diary Contents On to Diary Chapter 14

Self Clearing Diary
Chapter *Fourteen*

'Protest'

Our aim is to inspire others towards enlightenment via self clearing

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In the beginning, the free spirit goes out of communication on a selective basis as a matter of free choice. This is the establishment of identity. He imposes some distance and delays and barriers to his communication and perception so that he will not simply be a reflection of everybody else all at once. Initially, these barriers are selective and he shifts them around at will. But they are barriers and as a result, he can be surprised and be presented with things that he was not aware of or prepared for. The early being, before he decays, cannot be harmed or impacted, but he can choose to reject things on an aesthetic basis, finding them undesirable for whatever reason. And so there comes to be a flux of acceptance and rejection and the possibilities of communications being blocked or misunderstood. In the face of having undesirable things pushed at him or having his valued presentations rejected by others, the being may go into protest, objecting to the enforcement or rejection.

If a being's attempts to communicate a protest are blocked, he will create something to convey his protest in a more physical manner that is harder to ignore. And so he creates something and insists that others observe it, and because it is often rejected, he begins to create it compulsively. Protest lies at the root of most compulsions. In theory, you might think that acceptance would solve this, but it is a two way street and half of his protests are due to other's lack of acceptance of his creations rather than his own lack of acceptance of their creations. Therefore, the protest mechanism must be addressed directly.

Although communication barriers are the initial abberative factor in a being's existence, they are not themselves aberrations because they are done by choice. Protests are the first actual aberration (lessening of the beings ability and awareness, in this case because of doing something compulsively). The keynote here is to spot protests and identify what you are creating to communicate those protests, and who should have received and acknowledged the communication. By bringing these into view, you should be able to regain control over things that are being compulsively created. The limitation here is how deep and early can one reach, because many of the compulsive creations are in protest of things that are not only long forgotten but so far out of the sphere of human existence that they are not really comprehensible until one has advanced extremely far. So take this as far as you can at this stage and count on finding more on a second pass through this book.

The Pilot's Self Clearing book - Chapter 14

14.1 Current Protests

14.1.1a) What are you protesting

14.1.1b) What have you done to communicate that
14.1.1c) Who should acknowledge that

Thursday 25/3/99

R *- Eight pages of answers. Phew! Blew some charge on this one! A lot of people/terminals came up on* ***who should acknowledge that*** *but I quickly realised the only source of my* ***protest*** *was of course myself. As various* ***protests*** *lifted off up and down the track I realised that agreement with SOME aberration meant agreement with ALL aberration. You can't say, for example, war in the Lebanon is okay while a war here would be bad. Or for someone to accuse another of being aberrated because they don't want to have sex, while ignoring their own aberrated compulsion to have sex. As I continued the process I realised the basis of my/any* ***protest*** *was postulate versus postulate. Then I saw clearly that the reason `the authorities' in any city cannot control crime, drugs, etc. is because THEY have their own counter postulates against control from earlier times on the whole track. There can never be a resolution of society's `problems' until everyone is cleared. In my own case I was made to agree with the rules (of gravity, for example) and then actively suppressed everyone else into those same agreements.*

Anyway, more ***protests*** *blew off as I continued the process, revealing further gems from my past. One* ***protest*** *for example was being whistled at by a couple of gays on a beach. I mean, I was in the Army, doing martial arts and body-building, hetero to the teeth, I could have killed them! Now twenty years later this process exposes the other side of the coin, that I had whistled at a soldier some years earlier! (Not for any sexual reason, I might add - it was purely for aesthetic reasons. That's my story and I'm sticking to it!)*

At this point I got a whole new angle on my (main) service facsimile. I KNEW I was making people wrong. What I DIDN'T know was I was making them `agree with the rules'. That's how I made/make others wrong, make myself superior, etc. No WONDER I can't disagree with mest. I'd allied myself with it (sixth dynamic) to make others (fourth dynamic) wrong. I did that as a fencing instructor in France before I was guillotined and I'm still doing it this lifetime, and I did it by stopping a lot of others from levitating (much of which came up on the Pilot's Levitation Rundown which I started but haven't completed yet) over a number of earlier lifetimes, which of course just made it a matter of time when I would lose the ability myself. Too many overts.

Next run:

14.1.2a) What about you is another protesting
14.1.2b) What have they done to communicate that
14.1.2c) How could that be acknowledged

Immediately saw that another's ***protest*** *with me was so strong that they were actually deluded about something and needed to acknowledge that. Then I saw that their* ***protest*** *about me (or anything, really) was generated by themselves, their own postulate versus their own counter postulate. It only APPEARED as though I was opposing them because I was in agreement with their counter postulate. As I continued the process some earlier* ***protests*** *came up. Looking at my overts that caused these* ***protests*** *it became clear that responding to others' behaviour with overts does indeed cave one in. It brings one down to effect on the relevant dynamics. Further, in my own case it looked not like a dwindling spiral but more like a dwindling leap-frog thing. It seems I made huge jumps down scale each time I tried to solve situations with force. And because it often seemed I'd been provoked into using force it became obvious*

there was a game here and it's still being played today. It targets/provokes anyone in/with authority. The best answer I could come up with on this process is the only way to win such games is to not play them. Certainly such games were and are aberrative and were the cause of my demise.

14.1.3a) What are others protesting
14.1.3b) What have they done to communicate that
14.1.3c) Who should acknowledge that

Friday 26/3/99

***R** - This third flow brought much clarity into the area and improved my ARC with others as I saw how much we had in common. As I saw how they too were **protesting** (bad) rules, control, discipline, authority, etc., and what they were doing to communicate that (vandalism, riots, protests, etc.), then the third part of the process (Who should acknowledge that) revealed the futility of them trying to change things `out there'. I saw that the only real acknowledgment would have to come from the seventh and/or eighth dynamic. At this point I realised the eighth dynamic was in fact not a separate entity in itself (as I had assumed). Obviously, I now saw, it must encompass/contain/create? all the other dynamics. Then it occurred to me that perhaps any/all manifestations are in fact the acnowledgment/response from/by the eighth dynamic to our actions/errors on the other dynamics. So that any bad feeling/**protest**, etc., IS simply the failure to communicate something to the eighth dynamic/god and get it acknowledged there.*

Monday 29/3/99

***R** - Didn't do a process today (but read Creation Of Human Ability on the train going to work. LRH books continue to be invaluable sources of theta/inspiration and really enhance self clearing). Anyway, at work I was wondering how it could be possible that I could at one time (ages ago) levitate and now I could not. A couple of hours later the answer/reason came to me when I suddenly realised how irresponsible I actually am. I suddenly noticed little things I did on a daily basis were actually avoiding or trying to avoid (unnecessary/extra) responsibility. It became obvious these were in fact habits from the past. Some of these things appeared as subtle as using an elevator instead of stairs if one is overweight. But the stunning realisation came when I saw a clear pattern of decreased responsibility right into present time. And just as all this lifetime I had avoided or abandoned certain duties/responsibilities I saw that that's what I must have done with levitation.*

Tuesday 30/3/99

Ingrown toenail

***R** - Had very sore toe from an ingrown toenail so decided to do processes **1.3** (OT touch assist) and **11.5 Healing** on it. Various recalls of torture came up on **1.3** which were enlightening/interesting but I knew I needed more help because it remained VERY sore. **11.5** quickly revealed a cylindrical area of black energy. As I confronted this it resolved into a red coloured energy and then into a rusty nail with memories of a very primitive ship's `surgery' where infected toes were lanced to reduce swelling using the same rusty nail, and the rust included the dried blood of other `patients'. As I continued I also saw black triangles of energy and recalled actually creating toenails in protoplasm early on the body track by damming body energy to cause ridges which eventually became toe nails. I figured you couldn't really get more basic than that on an ingrown toenail.*

At this point I realised any remaining problem existed only in present time. Then I recalled I had been effect/sick on and off for some weeks and realised it was because of a co-worker. One clue was her response when I mentioned my toe problem a few days earlier. At a tone level of no sympathy she'd recommended having all my toe nails removed just as she had. It now made sense to continue the present process ***14.1 What are you protesting*** *with her in mind. This quickly stripped charge/emotion off the area revealing how/why I'd become effect of her and restoring the balance between us.*

Thursday 1/4/99

R *- Something came up at work which really turned on the* ***protest*** *so did* ***14.1*** *on it. Immediately on* ***step b)*** *(What have you done to communicate that) I felt some pressure lift off and I saw* ***protest*** *in terms of energy and flows between terminals, and how valuable another terminal/friend/anybody can be when you JUST WANNA TELL SOMEONE ABOUT IT. It doesn't affect THEM when YOU'RE ticked off about something. In fact, it can even make them feel GOOD to see someone else suffering for a change! Then I realised the simplicity and effectiveness of this nice little process and how much easier it now was to deal with* ***protest.***

Tuesday 6/4/99

T *- Began* ***14.1.1 Current Protests****. I'm not really* ***protesting*** *anything of any importance e.g. I don't give input to staff meetings (I know work* ***protests*** *have little or no effect). My* ***protests*** *are usually silent and lacking in force. I'm too laid back about things. I realise now that in order to* ***protest*** *one has to communicate that and have it acknowledged.*

R *- Had a great Easter weekend - and got diary up to date! While reading an LRH book (COHA) on train going to work I suddenly saw CDEINR as the gradient scale of reach and withdraw, the basic action of theta. Then as I read about `certainty' I finally understood what Ron meant about its importance. And I saw that every correct (understood, acknowledged) communication creates more certainty between terminals/people and every bad comm creates uncertainty, bringing terminals down scale, down tone.*

During the day I was able to do some processing. Felt I needed to do some more ***14.1.1 What are you protesting*** *because still annoyed about inability to levitate self or objects. Step* ***c) Who should acknowledge that*** *led to lots of terminals including all mankind and LRH (who I felt should have provided a rundown for those of us who do want to recover special abilities. Fortunately The Pilot has the* ***Levitation Rundown*** *if I don't achieve results with* ***Self Clearing****). Well, with this (current)* ***protest*** *blown I realised I was in a state of doubt concerning the ability. I decided to pursue this and realised certainty processing (get idea you CAN do it/get idea you CAN'T do it) should resolve the doubt so I did that for 12 pages of answers. It ran beautifully bringing more clarity to this area for me. For instance I had an A=A in that I believed having the IDEA of levitating an object meant you had to ACTUALLY move it. (Again I've got more understanding on what a `must have' is) That blew, thankfully. And on page 8 I wrote `mm, feels cleaner now, just idea CAN do it' and then somebody's book fell off a table onto the floor. It was the ONLY thing that moved that day, and it occurred at that exact point. I'd LOVE to claim responsibility but I think it was just coincidence. Then it became real that any such ability was simply a matter of certainty, which I didn't have enough of yet but I know which way to go now. Instead of feeling hopeless on the subject it seems more like a challenge, a game which I'd lost once but can play again. Then I saw I had to move from an infinity of overwhelming counter postulate on the subject to regaining an infinity of my own postulate/certainty. Also I exposed a self-defeating idea/postulate/belief that I had lost THE game and had*

to wait for everyone else to lose, and then we could/would start another game. Under this rule/agreement I was not allowed to use any abilities I'd had previously. Anyway, as this process is not a part of self clearing I'll leave it there. It is important to note that as with all of the self processing so far, no meter was used and I was completely happy with the results.

Thursday 8/4/99

More implants

***R** - Became aware of another current **protest** so did more **14.1.1** on `inability to see with eyes shut'. Doing step **a)** triggered the early track incident/implant at the bottom of the **protest.** Step **b)** blew lots of charge/ yawns as I saw how the incident pushed me down the Know to Mystery scale through think/guess instead of look/see and down to mystery where I postulated being dependent/effect on another's viewpoint as a substitute for my own lost knowingness. Step **c)** revealed how I'd been exterior prior to the incident. I recalled going into the mock-up/implant in order to experience it. It was the EXACT same feeling/thought I had when I first played crazy golf this lifetime - `This looks interesting, I think I'll go try/experience it'. The effect of this implant in present time is to make me go effect of ANY other terminal/viewpoint to some degree, and contributed to making me agree. I saw now why I struggled so much to `convince' others of things, etc. Also it made me postulate needing a terminal for a viewpoint (needing bodies) and created the idea of looking up to others (worshipping bodies). Continuing step **c)** I realised I should acknowledge this and suddenly saw the absolute brilliance/cleverness/effectiveness of the implant for bringing a being down scale. I saw how it created a one-way flow to overwhelm with false significance, exactly per the definition of implant. Also saw the CDEINR scale at work as I was trapped by my own craving/desire for experience. God knows how many more implants there are. I've dealt with dozens over the years. It's obvious it was done for keeps. It's been a one-way trip to where we are now.*

*An earlier similar **protest** brought to my attention (again!) the pole trap incident. With this process I saw how I'd mocked up a `personality' of agreeableness when `rescued' from the implant. As more charge came off I saw the `basic' **protest** is the fact of getting stuck with a flow, unable to return/outflow it. Then I realised another reason we can't waste bodies/terminals is because we need them to return all our flows/ charge to (do you know anyone who DOESN'T like to talk?). Of course ANOTHER workable way to run off charge is exactly what **T** and I are doing here with **self clearing**, just write it down on paper. Certainly **T** and myself use each other to flow charge off to, but that's a bonus. Pen and paper does work by returning the flow (via words) back into the mest universe. At this point I became aware of another current **protest,** so here we go again...*

Interrogation Implant

*Ran **14.1.1** on my **protest** of a poor ability to recall people's names. Immediately ran into an incident I'd come across previously but not fully dealt with (obviously). Until now I knew it as an incident where I was a free being (not in a body) captured by a Marcabian space ship and interrogated to reveal the names of the other `rebels'. This time, running the **protest** of being made to betray friends/teammates I discovered FAR more. As I viewed the incident this time the ACTUAL purpose of it suddenly became clear. I saw that it was designed to make me postulate that names/identities were important/valuable. This was in fact an implant occurring shortly after the pole trap incident where I was first captured. I was now no longer a free thetan; I was now trapped in a body. As I recall, although I revealed no names my captors allowed me to join their side. Now I realise it was because the implant was complete, not because my captors were*

generous and forgiving. I had been recruited to their side. It then occurred to me this implant has been dramatised ever since, in any war scenario in real life and in the movies. This implant is the basic basic on all interrogations. Certainly when I first ran this incident the idea of a group of us attacking the installation was VERY real. (Very Star Wars except it was thetans versus bodies/ship/theta traps). Anyway, it certainly explains to me why I `joined' the group I've always thought of as Marcab. I was waiting for an opportunity to help overthrow them. (I'm still waiting.)

*Treating the above as an earlier similar **protest** of a poor ability to recall people's names revealed even MORE . Step **b)** revealed what I'd done to communicate the **protest.** Responding to the incident/implant (I now realise as I write this up) was a big turning point for me as a spiritual being. As a free being I had never needed to withhold anything. Now (to protect my comrades) I had to hide/withhold/suppress my knowledge of them. I had to now begin lying and storing charge (creating an engram). This was sacrifice big time but I saw no other option. I denied knowingness of the rebel attack plan. To do this effectively/ honestly I actually postulated/created the inability to recall data such as names and durations (times). Each question caused me to counter-create an inability so as not to answer it. The problem was I was now in communication with my captors (albeit enforced) , sharing a common reality (in a body, on a ship), in the same space (same room). This was my new ARC and finally the only thing I could do was put everything (my old reality) IN THE PAST. I recall actually placing in the past (creating a time track for myself) data I was quite aware of in the present such as the `rebel attack'. Then I realised that fixing their identities/mock-ups `in the past' was actually an overt causing ME to have a fixed identity/mock-up. (This is not easy to get one's wits around). So I was now `the one who....' type of thing. I now had a fixed identity, mocked myself up, and so could be allowed to join the crew. Consequently, I realised, I'm automatically suppressing everyone into an identity. A lot of minor cognitions followed.*

Then I suddenly realised I had in fact done the same thing to others. I recalled doing it (in an earlier cycle of time where I was the bad guy) to one particular individual and being in glee, laughing because the implant was such a clever trick. It actually caused beings to sabotage their own minds/abilities/potentials. Although I only recalled this one incident I wonder how many memories I've actually helped destroy like this. I also wonder how many of those early track incidents I recall are actually implants.

- *(WOW, just stumbled across this gem in the Tech Dict -*

  BARRIER, 1. something which an individual cannot communicate beyond. (Dn 55.1, p 126)
  2. space, energy, matter and time - each is only a barrier to knowingness. A barrier is a barrier only in that it impedes knowingness. (COHA, p 151)
  3. from Scientology Axiom 28: Barriers consist of Space, Interpositions (such as walls and screens of fast-moving particles) and Time. (COHA, p 18)

  THAT sums up what the Interrogation Implant made me do - create barriers to impede my knowingness.)

***T -** Did **14.1.2 What about you is another protesting**. The only person I could find who **protests** about me is **R**, especially my dress sense, physical fitness and motivation about Clearing. He uses a sneaky tactic of giving me a compliment followed by criticism e.g. you're doing this well but how about doing it this way. I know he's right, especially about my input to this diary, which is sadly lacking in many respects.*

Friday 9/4/99

R *- Travelling to work by train this morning I discussed results of yesterday's processing with* ***T*** *(10 pages of process* ***14.1 protesting*** *a poor memory for names - an identity computation was exposed resolving an implant causing me to postulate identity for self and others). I'd viewed the incident numerous times but not resolved it, failing to recognise it as an implant. Yesterday I finally unmocked it and now think of it as the Interrogation Implant. It was designed to make one postulate that names/identities are valuable and to withhold/hide them, thus creating a scarcity. This caused the computation/assumption that I was my body/identity. I thus saw where my `poor memory for names' was coming from. Continuing the process I recalled running the interrogation implant on another. There was glee/satisfaction with the ability to cause such a powerful effect, and amazement at how clever, brilliant, effective and foolproof the implant was.*

Today, I recalled a long-term disagreement with LRH's data on the theta pole trap. I could never accept there was a body/mock-up as well as a pole. I could only ever recall perceiving the pole. As I sat on the train at long last the puzzle resolved. The pole trap had been so effective I had BECOME the `body' part of it (and have been in that `valence' ever since). To unmock/as-is the incident I would literally be unmocking `myself'. The interrogation implant occurring so soon after the pole trap acted to re-enforce the reality of the whole delusion that I was an identity and a body. The whole thing has not blown/ resolved yet, (probably I've yet to recall doing it to others, and I've no recall on the `goals' LRH mentions) but certainly this chapter has allowed me to remove sufficient ***protest*** *to make significant inroads into an area that has hung fire for almost 15 years.*

T *- Did* ***14.1.3 What are others protesting****. I looked at the areas of other staff at my work, NATO and Kosovo,* ***protesting*** *each other, my brother, victims, a lady who spoke to me at the train station and a young lad who lives in my street. I was happy with looking at these different areas especially the last one, as the young lad is* ***protesting*** *society, which we all do to some degree (e.g. why did Joe Bloggs win Lotto when I should have?)*

Monday 12/4/99

R *- Another* ***protest*** *so did more* ***14.1.1*** *this time on an a recurrent `lack of certainty'. I feel I rely on other terminals too much (books, gurus, other viewpoints, etc.) whereas I know the rehabilitation of my universe/abilities etc. depends on my own certainty. I immediately suspected some implant mechanism that creates a negative for each positive I try to put there, or vice versa. And then I spotted that I am actually TOO optimistic and that therefore a large part of my `personality' may actually be artificial. I mean, I know I don't really confront the heavy duty/evil stuff and therefore may not be fully viewing everything in many incidents. As I continued running this protest I gained further understanding of how electronic implants define and limit us and how we cling to them (any thing is better than no thing, etc.). I mean what thetan floating around a vast boring black space for eternity is NOT going to be curious about some interesting looking creation just sitting there? I saw that any implant will automatically define a being within its created terms (plus and minus polarities, size, etc.). For example if a being was, say, 100 feet tall and squeezes itself into a 50 foot implant installation and gets zapped, then he is not likely to come out of it 100 feet tall. Such revelations led me to postulate there is life beyond implants, that they're not solutions to our entrapment but certainly impediments on the way to freedom. They are definitely agreements all humans hold in common. It is a cosmic tragedy that most humans will never learn about this material. It is a classic case of `Out of sight, out of mind', though the solution is right under their*

noses, readily (and freely) available on the internet in the form of self clearing and such. I also saw implants as a reason why my mind keeps `re-setting' itself, an experience much like losing one's page in a book. I also saw that `limits' were mechanisms to divorce us from the 8th dynamic (infinity) so as to have games, be/do,have, etc. And I saw I had problems with implants done to me because I had ***protested*** *them (making them stick), whereas I'd forgotten the implanting I'd done to others because I'd admired that (which made it `go away'). Finally (phew) I saw that my implanting of others (oh, so long ago) caused the destruction of the certainty of other beings, finally resulting (today) in my own `lack of certainty'.*

R *- With* ***14.1.2 What about you is another protesting*** *I was able to get and idea of what I'd done to others. I immediately understood that if I was THEM then I wouldn't trust ME. Then I saw that others are basically* ***protesting*** *change because they've changed for the worse so often. This led to suspecting that existence itself is a* ***protest****, the result/accumulation of all our previous* ***protests****.*

R - 14.2.1 What are you protesting about the body *led to further reality/recall of an earlier synthetic body that was virtually indestructible, strong, maintenance free (and could fly). But the downside and* ***protest*** *of that body was it wasn't `alive' (which led to supporting an operation to bring meat bodies to this sector for all of us) plus it was associated with a particular function/occupation which I of course was `stuck' with until I could dispose of the body. Basically I realised I must have protested each body at some point. As I write this I now see that the outpoint behind all this protest is needing a body in the first place - it is at -4 on the tone scale after all. We have really hit the lower levels of the CDEINR scale.*

14.2 Past Protests

If the answer to the first question in each set is "nothing", then skip it and go on to the next set. Each set is run as follows:

a) spot the protest
b) what did you create to protest that?
c) who should have acknowledged it?

And then look for an earlier similar protest, including past life protests. If there is none apparent, then spot another protest in the same area. For example, on "What have you protested about your body", you would then look for an earlier similar protest which might also be about your current body or a body that you had in an earlier life. If you can't spot any, then look for another protest about your body or about bodies that you have had in earlier lives. If there is something on a topic (such as your body), then continue running protests in that area (earlier similar etc.) until you feel good about the area.

T - *I have* ***protested*** *the freckles covering my body, which I have tried to conceal . My mother and father should have protected me when I was growing up and kept me out of the sun (my brothers barely had/ have freckles). It is also their genetics that brought about my skin type. About my family I have* ***protested*** *that my mother is on medication, that my father was an alcoholic, my older brother is a suppressive arsehole and my younger brother is a lost cause (they're not the Brady Bunch). I tried to confront Mum about her medication, but it got out of control. With Dad I became the opposite and I wouldn't touch alcohol while he was still alive (although I like an occasional beer now). With my older brother I created a build up of anger and charge over the years which eventually came out. With my younger brother I got my parents' agreement/reality that he had problems (e.g. in debt, smoked dope, owed me money). I remembered a funny incident from my childhood. My mother used to have a book on hyperactivity in*

children. She diagnosed my brothers as being hyperactive. I felt left out and considered that they were "normal" because they were hyperactive. Now I think the book she should have referred to was one on autism.

*I realised that **R**'s mother is **protesting** everything (dog barking, walking up a hill, bees, mice, swearing on TV, motorbike noise, fridge not big enough, weather too hot or too cold, taste of different foods, back problems, her husband's eyesight, **R**'s scio stuff, the way her grandchildren are being raised, having to gamble, bird poo on fence (whew, that's three months worth!). This was communicated by nagging, constant verbal communication even whilst others were communicating. She tried to make it more important than other people's **protests**, even ignoring others' **protests** (e.g. my complaint about berries falling off the tree and waking me as they hit the screen door). We didn't acknowledge her **protests** properly.*
***R** used *reverse psychology (e.g. How can there possibly be a solution to that problem?) **R**'s mother is at no responsibility/constant blame/inability to confront. The **protests** are not being made to the right person or thing (e.g. using a dog whistle instead of confronting the dog owner and/or local council). I realised this is wasted **protest** on the havingness scale. I can see how this scale comes into play. Create is at the top and then there is a drop down to waste. Created could be where you have a **protest** which you don't outline and keep silent, expecting someone else to **protest**. The **protest** is created for you.*

****R** - I prefer Hubbard's term of **reverse flows** rather than reverse psychology.*

Wednesday 14/4/99

14.2 Past protests continued

***T** - I covered past **protests** about my work; management doesn't respond to difficulties effectively. I created energy and attempted to become cause over it by voicing my concerns. With society I have **protested** its obsession with perfection and beauty and personally have created the opposite (daggy hair and clothes). I remembered when I was at school Mum and Dad didn't have much money so I wore hand me downs and was teased by other school kids. Now I can afford new stuff but still stick to cheap daggy stuff. With living things I have **protested** that I have to walk past a dog on the loose to get home of an evening. At least I have created a better attitude towards the problem in order to confront it (i.e. me versus it and I'm not going to lose). The council have acknowledged the problem, although on the surface do not appear to want to help. I have had a problem with dogs before (a neighbour's dog barking up to 11pm keeping me awake) and that problem was solved with the owner apologising to all neighbours and keeping the dogs inside of a night. About the physical universe I **protested** when a machine broke down which I needed at work and which caused a lot of embarrassment. This should have been acknowledged by the technician who made the error, however he had a major communication problem. I could not think of past **protests** about spirits.*

*About God or religion, I **protested** that Catholicism was a big guilt trip. I was in the Catholic Church for 21 years and for that time I was very depressed, which is probably why I have been all my life. I created enough intestinal fortitude to tell my mother that I didn't want to go to church anymore. She didn't force me to go, then my brothers stopped going. Discovered that I probably went to church about 1,000 times. A constant weekly reminder that I was a sinner, had to repent, do the right thing, not tell lies, confess my sins. I realised that I usually get upset because I feel I have done the wrong thing.*

14.3 Acknowledgment

Protest tends to persist because of lack of acknowledgment. So let's approach this from the other side.

a) What condition have you failed to acknowledge
b) What condition has another failed to acknowledge
c) What condition have others failed to acknowledge

T - *Came up with some interesting failures on acknowledgment, including my father's initial demise (leading to grief),* ***R****'s mother's* ***protests*** *as above (protests persist), management not addressing difficulties (staff* ***protests*** *persist). I remembered the pre-havingness scale. There is* ***protest*** *and* ***failed protest****. Without acknowledgment there will be a* ***failed protest****. I can see even more clearly how important the acknowledgment is.*

Thursday 15/4/99

R - *Felt another* ***protest*** *coming on, so did more* ***14.1.1. protesting*** *fact of not having power over mest in order to have more power over others Actually, just discovering this* ***protest*** *made me realise it was in fact ser fac related. That immediately led to realising ALL of my `self-improvement' was in fact ser fac related! In the sense that ANY improvement makes one better/stronger/more able in relation to others. (Actually, as I write this (18/4/99) I see this may even stem from Incident 1 goals as covered by the Pilot in* ***ch 23****). Then I saw earlier similar* ***protests****, particularly a career as a `messenger' where I realized I had delivered lots of suppressive/upsetting messages/orders on behalf of the then earth sector commander. I hadn't taken responsibility for it as I was `just the messenger'. Now I see that whole cycle as the reason why despite* ***protest*** *I now have to agree with bad news coming my way in this life.*

About this point the second step of the ***protest*** *process (What have you done to communicate that) clarified to the point where I now saw how any doingness stemmed from a previous* ***protest!*** *I'm doing my best not to big note myself but I now saw my `messenger' role actually became a well-known symbol to earth people at that time, actually a* ***protest*** *symbol. Anyway, I'll reveal more about that when I've recovered some more ability in that area. Then finally I saw how we've all been swept along by the tide of agreement since the beginning to where we are today. And I saw again how the physical body is a trap in that it has continuous existence so one is stuck with it until the end `till death us do part', a postulate/ agreement dramatised in marriage vows to another (body).*

14.4 Acceptance

a) What protest of another's could you accept
b) What protest of yours could another accept
c) What protest of another's could others accept

T - *I feel I am pretty accepting of others'* ***protests****. I realised people could accept my* ***protests*** *if they are non-controversial and similar to their own.*

Friday 16/4/99

R - *Didn't have opportunity to do much today, though did some double terminal processing on the train*

*(see process **41.8**) this morning which brought insight into some chest pains which had woken me the previous night. Running the positive `Yes, there is a heart condition' and the negative `No, there is no heart condition' resolved to an earlier similar incident of `losing' a girlfriend when I was quite young. The pain I developed (created?) in my chest/heart was so strong and so real I knew this was love beyond anything my parents or anybody could understand. This clarified any uncertainty about my `heart condition'.*

*Anyway, later I looked up further info on implants (because they keep coming up - pole trap and interrogation implant particularly - and not fully resolving). I found answers in the Pilot's reference to implants (**chapter 34**) and entry into this universe (**chapter 35**). Not questioning the validity of the data, particularly as it differs so much from `standard' LRH data, and also seemed pretty far-fetched, I decided to follow the Pilot's recommendations and just look to see if I had indeed been involved in some of the relevant activities. Without running any process, I simply wondered if I had been involved in `pushing down into a pool of some kind', (at transfer points from the magic universe). A short time later I had the following realisations.*

I suddenly recalled a huge this life-time trauma when I was pushed and held under the water by a bigger boy for no apparent reason. Although I could swim well at that time I was not prepared, had not taken a breath, and his intention was to punish me for `ignoring his mother' who apparently had said hello to me. I had poor eyesight (still do) and didn't see her. This action completely destroyed the friendship I thought we had. Anyway, the point is I realised the earlier similar was indeed the Incident 1 stuff.

An earlier this life-time trauma was being thrown into the deep end of a swimming pool with no warning by my father who'd decided that was the way to teach me to swim. Further, in many years of processing I have not come across any previous lifetime drownings that would account for the charge in these incidents. Relating them to Incident 1 finally makes sense.

Since reading about a remedy for static electricity shocks I always `touch wood' (usually the door itself) before touching the metal knob or handle and I no longer suffer with this problem. As I performed this ritual today I suddenly saw it could indeed have its origins back in the Magic Universe, not as some hocus-pocus but a very practical `magic' for discharging potentially harmful actual electrical energy build-up. The same could explain why `hugging trees' is supposed to make one `feel better'.

*Felt marvellous all day, enthused to **T** about the `magic universe' on the train on the way home. She said things were going great with her too, and held her hand high in the air saying she felt she was `up there somewhere', had been up/happy for weeks, was enjoying her self clearing and really noticing the differences between herself and others, etc. - but SHE should be putting all this in OUR diary. She has seen the recent data showing we've had over 1,000 hits this month and I keep trying to get her to put more stuff in writing. After some chores and exercises (100 sit-ups for me, 40 for **T**, then pull-ups, step-ups and hand-stand push-ups - **T** said I wanted to be like Jackie Chan because he can do hand-stand push-ups) we had a few beers which got us even higher than we were, enjoyed watching TV, then off to bed.*

Anyway, 3.30am and I wake up and don't stop cogniting for about an hour. It really ticks me off, what with my usual snoring and tossing and turning I don't feel I get enough sleep! Anyway, I realized I had been quite `stuck' in the current physical universe, especially in early track space opera stuff. That's why the implants kept coming up but not resolving. Now as I lay there in bed I really got that the `earlier similar' for me was the magic universe. I had known about it since first reading the Pilot's stuff but it was

never real. Now suddenly I got the REALITY of it and so many things started to make sense and fall into place. I now knew why David Bowie's Labyrinth had such an impact on me, not to mention the Merlin and Arthur stuff, Lord of the Rings, and so much more. Various incidents from the past now seemed to fit better. I also saw the real basis of the argument about the difference between science fiction and fantasy.

Tuesday 20/4/99

***R** - Had the day off work so **T** and I went and saw **The Matrix**. We didn't expect it to be THAT good! It is an almost perfect analogy for what we're trying to achieve with **Self Clearing**. What isn't there to appreciate and understand about this film? Unless of course you don't know about bodies in pawn, implanting, robot bodies, slave societies, prison planets, etc.*

Wednesday 21/4/99

***R** - On train this morning going to work, reading COHA (Creation Of Human Ability), where Ron recommends NOT doing double terminal processing on `doubt' because `it can throw the pc into a general state of doubt'. However, as the process had always indicated to me and as I decided I had a problem with doubt anyway (see 6/4/99 earlier) I went ahead with it. Results were immediately rewarding:*

** Recalled `discussions' with a co-worker who chronically expressed doubt about my `opinions'.*
** Recalled a moment of doubt concerning a previous (synthetic) body I've been kind of stuck in.*
** Recalled childhood photograph of self looking `stupid' and saw it was actually doubt caused by parent's arguments with one being chronically positive (father), the other negative (mother). (They're EXACTLY the same today!)*
** Recalled self being `numbed' or fixed into an almost solid state of doubt as a result of implanting. (A similar state often occurs while watching TV).*
** Experienced nice flashes of certainty during the process.*
** Looking around at people on the train it became real that we've been reduced from god-like, knowing beings to crippled, un-knowing beings due to our past (implants, etc.).*
** At this point the doubt terminals I was mocking-up began to dissolve. I realised MEST (mental and physical universe) was itself solidified doubt/maybe, a result therefore of opposed certainties, a ridge (as LRH said).*

Had some nice wins doing double terminal processing on various things in the last week or so. Today went well. Doing the process develops and increases the ability to create and handle terminals, flows and energy. Seeing my mock-up begin to dissolve (above) I decided to continue processing `doubt' to a deeper level at a later time.

*Later (at work) did more **14.2.1 What have you protested about your body** because still had quite a few **protests** on it, but I just wrote them all down till I got THE **protest**, which was the fact of having merged with it/become the terminal. Running step **b)** I realised I'd withdrawn from physical universe space because it had become too dangerous (lasers, implants, etc.). I was definitely not welcome there. The/a body was the safest place to be - absurd when you think about it, but here we are! I also saw I'd stored in the past anything I couldn't confront in the present (lasers, implants, engrams, etc.). I realised that, obviously, ANYTHING `in the past' is only there because it wasn't confronted, or isn't being confronted, and that I was withholding my entire past history/track. It had to go somewhere and so now I have a bank/case. Finally I saw that the body is a mest terminal anchoring thought/timetrack. The FIRST body or*

earliest terminal would be the key to a complete clearing.

14.5 Compulsions

Compulsive behavior is usually started in protest of something. The actual protest may have begun in an earlier life, so that you have to use a loose sort of question along the lines of "what might you protest with that?". This lets you bring up odd answers that don't fit your current lifetime but which might actually be the correct answer in the lifetime in which you created the protest. Very strange answers can show up on this process.

Once a compulsion starts, the being will accumulate other mental charge on it in addition to the original protest, so don't be disappointed if the compulsion doesn't magically disappear completely on spotting the protest. But the compulsion will be weakened considerably and you should find that you have much more free choice than you did before. And the later weight that has built up on it will have a tendency to unravel as time passes. For this process, you spot a compulsion and then run the following on it, over and over until a major release occurs.

a) What might you protest with that?
b) What would be the communication there?
c) Who should acknowledge that?

T - *Started spotting my compulsions. I have a compulsion to keep benchtops tidy, to label my slight injuries as major illnesses (e.g. rashes), to pull out my hair, to be always right and to keep sweets from my mother. I have dealt with each of these fairly well, however have not had any major wins thus far and will continue the process.*

Thursday 22/4/99

R - *There's a liability with this chapter in that as **protest** lifts off an area of life one sees how another process will handle something that comes into view. It requires discipline to stay with the original process so I'll make sure I do that.*

*Okay, yesterday I realised my FIRST body would need to be addressed - okay, let's look at THAT as an earlier similar **14.2.1 protest** and see where it goes. Well, my first thought was I couldn't expect to recall that far back on the track, and then suddenly I got the image of Xenu (see **Ch 38**) - the LAST thing I could have imagined, or wanted to see! Then I saw that he was the negative/bad body or terminal to the positive/ good static/thetan or terminal, and I got the idea he was the first thing I experienced/saw upon entry to THIS universe. I got the idea I/we resisted becoming him/it and of course that which you resist you become. I've got NO idea how this fits into the scheme of things but that's what I got. And I got that he was in charge of this universe and we all were influenced by him upon entry to it, and that's why we're not nice to each other. Viewing the OTIII data I had assumed anyone suppressed by the big bad guy would go into the valence of the big bad guy. But I didn't expect this.*

*I decided there must be earlier similar **protests** and got the idea of being tricked into mocking up a body in order to operate in certain universes, and tricked into having a persisting/continuing body, etc. And then I recalled postulating/deciding it would be easier/better to have a body you didn't have to keep mocking-up all the time. Another **protest** of a body pain led to realising I automatically blamed the body*

for pains/somatics and that ALL somatics were in fact MY domain, or SHOULD be. Earlier similar ***protests*** *led to recalls of keeping on going despite painful/destructive attacks. The idea was it was okay to sacrifice in order to win the game/fight etc., to persist, down through pain, and/or easier to continue than drop the body and pick up another one, etc. May have only `graduated' when `learned' to stay with the one body, learned to inflow/accept/agree with force.*

Running another `body' ***protest*** *I realised EVERY overt makes the trap worse for ALL. (Hell, this whole universe could simply be the accumulation of all overts since the first one of not as-ising something).*

Another `body'* ***protest*** *was my embarrassment as a boy at having `breasts'. I even went to a doctor about my problem and he helpfully showed me pictures of Islander-type men popular for actually breast-feeding children. The process led back to an image of a small girl which had come up earlier while doing a double terminal process. She is kneeling and holding her two hands out, with forefingers about shoulder-width apart. The `message' is simply that two terminals/things must always be separated by the barrier of distance/space. This gave me the idea I could not be (or have) her. Accepting that, then in the `next' scene the girl is growing/ developing. I haven't figured it ALL out yet but I eventually realised it was a very clever, very subtle implant with MANY repercussions. Having been female in a number of past lives (e.g. once as a priestess in the temple of the Greek god Hypnos) I saw the implant prepares one somewhat for the changes that occur with a female body. But for a `male' it can create a must have/can't have on girls, breasts, etc. The implant is `protected' with aesthetics. As a free being I had destroyed space ships and troopers simply because they were in my `space' (exactly as portrayed in Star Trek's `Q' episodes, only I wasn't as intelligent) . But I saw no reason to destroy a small, harmless, pretty, interesting, mock-up. So I accepted the mock-up/implant. Having accepted the first part I naturally had to accept the next part with its messages of `breasts grow'. THIS is what had restimulated when I was a boy. And possibly it fails to `work' for girls who are `flat-chested'. Interestingly today's breast improvements consist of the more physical solutions of silicon or saline, but they're also called implants. Finally I got the idea I must have volunteered for such (meat body) implanting so as to be in agreement with beings playing such (meat body) game/s.

*I now realised ALL these implants involved only two terminals - me and it/them! There was no one else around to explain things or help discharge and energies I got stuck with! It was me versus (****protesting****) mest and I lost and here I am. Also I was already in `agreement' with others' creations/mock-ups so the earlier similar would be an incident I've viewed previously (and mentioned earlier) where I first failed to admire another's creation, thus causing it to persist and HIM to* ***protest*** *against me. Also I recalled being in a `space patrol' where I* ***protested*** *others' rubbish and decided I was not responsible for their rubbish/ mest, obviously a further reduction of responsibility on my part. Another result was I was becoming motivated by mest instead of being self-determined. Pursuing earlier similar* ***protests*** *I recalled deciding it was better to be something than nothing. Also that the best protest is to keep going, survive, endure, persist. You have to BE there to* ***protest.*** *Being there and communicating must be the basic* ***protest,*** *and that's what we're all doing, aren't we? Also I realised Incident One (The Pilot's version) gives lots of possible beingnesses, to keep us going, but no option to not be. When it suddenly occurred to me the earliest* ***protest*** *must be on the decision `to be' my ears popped. All* ***protest*** *must go back to that decision, being made to feel it was a wrong decision in the first place. Everything since seems to conspire to make one accountable for it. We* ***protest*** *by enforcing our beingness.*

Friday 23/4/99

***R** - Further results on train going to work - double terminal process on Can withdraw/Can't withdraw (to balance Can reach/Can't reach done previously) and rehabilitated a basic postulate I've always had that `I can always get out of whatever I get into' . I realised it is actually simply an expression of the ability to withdraw. Some associated realisations need writing up, such as exteriorisation is basically the ability to fully withdraw from a body, game, situation, etc. and we've lost control of the ability.*

*Later, did next process, **14.2.2 What have you protested about your family**. Actually, I didn't want to do it to begin with, until I realised this must be because there was `too much charge' on the subject. Began with spotting an early this lifetime **protest** at my brother for stealing $10 from mum's purse and buying chocolates with it. About age 8 the effect on me was a shattering blow. How could he betray the family unit like that? What could possibly explain it? And then I realised there was an earlier similar **protest** against the family, something I had done and it was much worse. A couple of years earlier dad had brought home two pet mice. As my younger brother and I sat on the floor by the fire and played with the mice there was a scene with mum determined not to allow `pets in the house'. So at the tender age of five or six I decided to **protest** against her. Looking to my brother for back-up I squeezed `my' mouse to death. I saw my brother make the decision to side with me. He threw his mouse into the fire. I don't know if he killed it first. Then I threw mine into the fire. At the time I thought it was the biggest, best way to make mum wrong. When mum and dad returned to the lounge they decided the mice had run away. To this day they have no idea we killed those mice. However, mum has paid a heavy price for not letting us have the mice, with the aggravation she has suffered since, especially from my brother with his shoplifting, running away from home, lighting fires, etc., So it was an effective long-term **protest**! But like any evil enchantment it was a double-edged sword. What I realised was THAT was what turned my brother against mum, and I was responsible for it. THAT'S why he did all those things against the family later, and THAT'S why it had such a devastating effect on me. And ironically while I thought he was `against' me all through my childhood he had always been `with' me because of our joint destructive act. At this point the ridge/hate I've had against my brother most of my life evaporated and I felt a restored affinity for him. As I continued the process I began to see how this early act against my family had repercussions on all of my future relationships, but I ended off when I felt I was pushing past a big win. After so many years I feel like I've regained a long-lost brother.*

Tuesday 27/4/99

***R** - On train going to work this morning, did double terminalling of can levitate/can't levitate. Tried it last*
night in bed (after failing to move spoon balanced on glass) but fell asleep. This morning ran well. The following occurred but not in this order:
** Realised loss of abilities was pre-requisite to being in this universe, so must lose them prior to leaving magic Universe*
** Realised Uri Geller was not that high up the possible scale of ability at all, but important as a symbol.*
** Recalled being tied to a tree and shouting I couldn't do it (China?)*
** Image/valence of Geller occurred.*
** Imagined spoon bending into fish shape (as done with balloons today) so, at create on spoon bending?*
** Recalled Buddhist monk scenario (3 of us in meditation, out the bottom. Ext/int into it on lsd trip).*
Designed to `fix' agreement that I/we can't do stuff. Handled one with what/who to a change.

Wednesday 28/4/99

***R** - Finally moved onto next process, **14.2.3 What have you protested about your jobs, work**, etc., which was VERY timely because my day began with a HUGE **protest** following a staff meeting where I voiced my **protest**, apparently to no effect. (BIG win 2 days later, however, as changes in fact were instigated at work so my protest had been effective!). Anyway, I ran the process and realised it had been ongoing (and would continue to be) only because it had never been acknowledged by management, and when I got some of that charge off I spotted an earlier similar `abuse' by `management' when I was in the army. And that explained why I turned against the army later on. I blew so much charge I was ready to sign up again and had to work hard to get my attention back onto the process! (I then took a break and had the realisation that anything I create is a substitute for knowingness - yet another one of those amazing cognitions that is utterly meaningless to anyone else and totally useless to oneself for all practical purposes.) The next earlier similar **protest** was my actual army recruitment cycle where I failed selection as an officer only because of poor eyesight. The criteria changed only months later but by then I was convinced I was NOT officer material. Then I spotted another army **protest** where I'd badly hurt a toe in karate practice. I was so tough at the time that it was the other guy who went down in agony. He later recovered with no permanent injury. When I limped to the army medic he got me to move it, thus proving it wasn't broken, and accused me of malingering. Twenty years of problems later an x-ray reveals the detached ligament. However, the overall realisation from this process was that I'd decided communication was not effective enough in life. Words (of **protest**) were not effecive enough on people, force was a better solution than reason - that's why I did all those martial arts, weight lifting, body building...*

Continuing the process I discovered I HAD been aware of a danger situation before the toe incident but ignored it, invalidated my knowingness, decided to hold my ground under pressure, make the other guy wrong. Then earlier similars led to seeing how the press gang (Webster's - a group of men who round up other men and force them into naval or military service) traces back to Marcabian implanting and recruiting. With such a back history of military/space service it's a wonder guys don't go psychotic doing military service on earth these days - oh, they do? Sorry!

*Anyway, I discovered that the pole trap incident knocked out my ability to use force. I then HAD to resort to ARC to get along. I became a pathetic, snivelling wimp, a broken piece in the game, but still in the game. Then I realised I MUST have done stuff to other beings in order to have gone effect that much. So I looked at that flow and recalled drawing tanks and UFOs as a boy, and then got an earlier similar recall of designing implant devices back at Marcab central headquarters. Details are vague but I think I **protested** being stuck in a `desk job' and wanted to experience some action. Again this beautifully parrallells the movie The Matrix. At that point I was part of a system (or Matrix) with the sole purpose of enslaving spiritual beings throughout the universe and making them part of the system. It was THE game and became self perpetuating, or automatic, basically because there was no way to stop it once you were part of it. Eventually I rebelled and fought against it, but that has only made the sytem more powerful. It is SO powerful now most do not even suspect its existence. Anyway, most of my protests easily trace back to the space opera implant era. This time Incident One came up. I got that I **protested** the number of different possible roles/beingnesses because naturally I wanted the `best' one. I had a number of realisations about this implant including that I accepted the mest (scenery, bodies, clothing, etc.) involved. And finally I got the idea of coming down to it via a `pool' from another universe, just as the Pilot says (in chapter 35). I got the idea one was expected to adopt an Incident One role in order to play body games, much as one would these days dress for a special dinner or function.*

Thursday 29/4/99

***R** - While attempting telekinesis on a spoon I stopped using effort and got the idea of letting go, withdrawing from the area, and being just prior to the time/mock-up of the glass and spoon. **I then felt I'd actually exteriorised just back of the mest universe, or just prior to it**, not sure which. This was followed by mild headaches validating the exteriorisation and requiring rehab of the ext each time.*

Friday 30/4/99

***R** - Continuing COHA on train this a.m. decided to do remedy of havingness (mock up 8 anchor points thus creating space). Some very interesting results:*
** No problem mocking up points (from dots to cannon balls).*
** Did it in cubes/rectangles of various sizes.*
** Eventually realised WASN'T creating space because was doing it in a/the pre-existing black space which has `always been there' and which I always see when eyes closed!*

Next step then would appear to be confronting the actual space that's already there, that's been there all along, probably the actual mest universe space, but of course there could be layers of other universes/ spaces. Headaches continued from yesterday's ext so continued to rehab it throughout the day. Also noticed I was far more causative at work than usual.

***T** - I have been involved in training a new person at work and have subsequently taken a break from the self clearing. However, I have a brief note to add to the diary. Yesterday I caught the bus to work. It was a terrible ride. I had a man sit next to me who took up too much room and tried to read his paper using up half of my space. I started getting motion sickness on the ride, and when the bus reached my stop I stood to get out. This man wouldn't let me get past until everyone else had alighted at this stop. I realised today that he is a misogynist, as today he sat in front of me next to a muscular built man, and his behaviour was quite different. He was trying to control bodies with me and yet was out of his league with someone of his own size.*

Monday 3/5/99

***R** - Phew, finally onto next process - **14.3 Acknowledgment**. Straight away realised acknowledgment = acceptance because there sure were things I hadn't/couldn't simply acknowledge but had to DO something about them. Then I saw that I was unable to simply acknowledge non-optimum conditions (or even conditions there were too optimum). I saw that any condition is the result of inability to acknowledge certain be/do/have. Feel there's a big win to be had from this process but didn't have time to reach it today.*

Tuesday 4/5/99

***R** - Did more `creating space' process on train this morning - couple more breakthroughs:*
** Got idea `we' have decayed down from 8 anchor points to just 1.*
** Got idea that thetan could expand, rather than have a space shrink.*
** Began process with eyes shut, addressing own universe, ended with eyes open addressing physical universe, so an improvement of ability there.*

*Later, continued **14.3 Acknowledgment** for 4 pages before getting sleepy. It finally occurred to me I was overrunning it, ending the dope-off. Had a lot of `little' cognitions, including a recall of an actual*

occasion when I agreed to be completely (and only) inside mest. It was exactly like zipping myself (my body) up in a sleeping bag for the first time this lifetime! Also it strongly reminded me of a picture of an Egyptian goddess (Nuit) holding up the sky as it related to that particular time and area on earth. It became real that current existence is in fact an inversion of the original situation, where we naturally operated from outside of mest universe space. I realised I was/am unable to tolerate (dangerous/ powerful) flows against self and a real anxiety turned on. I saw that we will all continue to be compressed by the physical universe if we don't undo our fixed/losing conditions. Literally crushed to death by mest.

When I noticed my attention was mainly on the 6th dynamic I realised I hadn't actually ***acknowledged*** *I was Clear on the 1st dynamic. It was only obvious by comparison, when I saw I was not `Clear' on the 6th, or certainly not OT in that area. Next, I realised a human being is a substitute for a god/OT and that we are actually degenerating rapidly although man's belief/delusion is that we are `evolving'. In the game of theta v. mest mankind is proof theta lost. Matter, energy, space and time rules. Man exists apparently on only one planet amongst billions of billions and in a tiny area too small to measure against the postulated infinity of space.*

Continued on with ***14.4 Acceptance*** *and quickly discovered I could accept any* ***protest*** *from others now because I could see it for what it was, understand it wasn't a personal attack, etc, and so could have/ accept it. Also saw that NOT accepting others'* ***protests*** *is/was an overt. Saw how I was very powerful/ OT/outflow before the pole trap, but quite mad and impulsive. Responding to others'* ***protests*** *about the trap I rushed in to DO something about it, attacking the trap and of course got squashed. The trap proved to me that (my)* ***protest*** *was ineffective, mest was infinitely powerful, and so on. Interestingly I didn't lose my willingness to help others, though it was perverted to now helping my captors and abandoning the group of free beings/rebels. (*Update Fri 14/5/99 - at work I was yelled at by a co-worker, who later gave me a written apology. At no time did I go effect because I knew I had only pushed a* ***protest*** *button she'd been sitting on)*

Wednesday 5/5/99

R *- Was looking forward to* ***14.5 Compulsions*** *because liked the idea of actually resolving something, though I couldn't immediately spot any `compulsions'. After some deliberation I realised it was part of my make-up to spot/notice errors/faults in others. I had noticed this previously and decided it was a service facsimile or part of one and would get handled eventually. Meanwhile it would be interesting to see what this process would achieve. With three pages of answers I discovered some things:*
** Spotting errors in others was a substitute for wanting them to spot mine and help me with mine*
** I'd begun spotting errors in others (meat bodies) when I had a synthetic body (superior, naturally)*
** The overt at the bottom of my `critical' attitude was a lifetime of making women pregnant. I was part of the (Marcab?) operation to have sufficient bodies for a huge influx of beings. It's obvious to me now that we were all at needing bodies on the scale. (The Bible records the order as `Go forth and multiply'.)*
** Noticing errors in others in fact was a chronic protest of long duration.*
Well, this process was certainly interesting, re-affirming my ambition, a rather high one in human terms, to attain a level where a body is not needed.

Thursday 6/5/99

R *- Decided to handle a compulsion to panic (which I seem to have had for ages) with* ***14.5****. Immediately*

*got a recall of lots of people in panic on the streets of another planet long ago. We were being wiped out by space craft from other planets in the system. I see now it was their retaliation/**protest** of the super control we (Marcab) had on everyone. I felt I was just a victim, just a part of `the system' and didn't deserve to die because of it. I decided to quit being part of something which could incur such a kickback and I think that's when I decided to become a `rebel'. Interesting seeing what it took to `change sides'. Also noted the confusion/panic came from losing a stable datum - believing everything was under control when obviously it wasn't. So even the most apparently stable mest universe havingness (body, house, city, planet...) is actually always a liability.*

14.6 Chronic Physical Conditions

The same process as given in 14.5 above can also be run on a chronic physical condition. This is good for illnesses and things which should have healed but haven't. It is not always applicable to physical accidents although in some cases the person will have brought about the accident in protest of something.

Once a physical condition has established itself as chronic, it tends to get confirmed by other things (everything from receiving disability checks to using it to gain sympathy). And there are other factors which can trigger or reinforce chronic conditions (we will be covering this in other chapters). But sometimes this protest button might be the key to resolving a condition, so give it a try and get as much as you can out of it.

***R** - I wanted to see if I could relieve a stomach `reflux' condition which tends to limit my alcohol consumption and/or glutonous tendencies. The process quickly brought up (excuse the pun) this lifetime earlier similars such as being forced to eat a cough lozenge which nearly made me retch, and gas for an operation which really made me nauseous. Then some past life stuff came up such as when I had a synthetic body and was showing off my ability to not be affected by `poison' but then I was challenged with acid (which DID cause an effect), and so on. A funny period which really made me laugh was a cave-man type existence where the woman always gave me meals which caused much **protest** on my part. Communication was limited to grunts and emotional displays which were strong and violent to get messages across. The meals were always either too hot, too cold, too full of bones, etc. Of course I was too stupid to wait until a meal cooled down, or check it for bones, and so on. Then an earlier life as a scientist came up. My job was to educate `monkeys' in what to eat so as to prepare them for life on a particular planet. Various objects and foods were made available and if they chose a `good' one I would give them an electrical pleasure stimulation, and if they chose a bar of soap, for example, I would give them a sick feeling. (No wonder I couldn't understand why Pavlov became famous for his experiment - the guy rang a bell each time he fed some dogs until ringing the bell would make the dogs salivate EVEN WHEN THERE WAS NO FOOD! This was considered a fantastic discovery, a breakthrough in the field of behavioural conditioning!). Anyway, there seemed to be a direct relationship between making the monkeys sick (overts on stomachs) and my present stomach condition so I ended the process at that point.*

*What's REALLY frightening is why are we are in a position where we have to painfully re-discover things known ages/eons ago? And if we lost such knowledge before - and how many times? - then obviously we could lose it again. Or how many times in ages past have we reached a highly advanced stage of civilisation only to lose it and have to start over again? Sorry, I'm on my soap box again. This could develop into another full-blown **protest** but I'd really like to complete this chapter, so that's all for now. (Update 18/5/99 - definite improvement in my `reflux' condition)*

14.7 Basic Protest

At basic, one protests things that one is forced to or prevented from being, doing, or having.

14.7.1 Beingness

Here we are referring to things which a person could be, such as a policeman or a prostitute or a parent etc.

a) What beingness might you protest
b) What beingness could you accept

Monday 10/5/99

R *- Three pages of answers to process* ***14.7.1 Beingness*** *led to realising that* ***Incident 1*** *restimulates each time I have to do something different, like when a new job/task/role is required. I know this implant will be dealt with in a later chapter but I'm itching to resolve it sooner than that! It really made sense to me that because* ***Inc 1*** *deals with beingnesses or roles that it would be there as a basic on this process.*

14.7.2 Doingness

Here we are referring to things that a person might do, such as skiing or stealing or running etc.

a) What doingness might you protest
b) What doingness could you accept

R *- Same thing with here****,*** *again ended up back at* ***Inc 1*** *realising that it is a via to winning a/the game, and that `trying' to win validates losing. I became aware that the communications of others in the room were actually* ***protests,*** *and how much routine communication is in fact actually* ***protest****. Then I realised I had keyed-out of* ***Incident 1*** *so decided that was a good time to end off for the day.*

14.7.3 Havingness

Here we are referring to things that a person might have, such as money or guns or cars.

a) What havingness might you protest
b) What havingness could you accept

Tuesday 11/5/99

R *- Process* ***14.7.3 Havingness*** *blew* ***protests*** *at being captured, imprisoned, etc, which led to realising that being located in the physical universe one becomes part of it (one is either exterior to a problem or part of it). I experienced `myself' as a piece in a jig-saw puzzle with the mest universe being the puzzle. Continuing the process I realised I had (with the aid of the implanters) reduced MY space to zero ages ago, and KEPT GOING into the minus band. So that's what inversion is! And that's how a spirit (non-matter) becomes matter! I gained further insight/recall into how I had closed terminals with the pole*

trap, and I saw that rehabilitation of the ability to create space must reverse that mechanism, and cure any identification with mest. I became dopey/sleepy then fixed it by spotting I had overrun the process on going past the jig-saw cognition.

14.7.4 Inhibited Beingness

a) What have you been prevented from being
b) write down any protests you might have about that
c) who should acknowledge that

Thursday 13/5/99

***R** - With **14.7.4** I saw how much my parents affected me since early childhood and, by comparing how things are today thanks to so much processing, I quickly realised how bad off they really are. The gulf between myself and humans like them is quite astonishing.*

14.7.5 Inhibited Havingness

a) What have you been prevented from having
b) write down any protests you might have about that
c) who should acknowledge that

***R** - This revealed another load of stuff I was denied, which led to realising I had allowed others to dictate/ control what was in fact MY havingness, because others were cause and I was effect. Of course the same applies to BE and DO, so this process brought home to me the fact that my be/do/have always was my responsibility and that I had lost sight of that, especially during childhood.*

Saturday 15/5/99 - Nice Wins

***R** - Had a friend over to stay and at one stage he, **T** and myself played frisbee in the garden. While playing I heard a distinctive bird call and I KNEW what it wanted - it wanted to feed and we were in its space. The bird's intention and **protest** at us staying too long were loud and clear to me. (**T** and I put special seed out to encourage exotic birds to our garden but they are usually shy and wary). We'd played enough so I suggested we go inside because birds wanted to feed. Sure enough, as we looked back through the fly screen two beautiful birds swooped down to claim the space and feed. The cheeky things even had an attitude of `Well, it's about time!' The nice win here is further enhanced ARC with the fifth dynamic. (**T** and I had some `amazing' experiences with pet mice last year - It was quite easy to recognise when they wanted something. But I soon discovered the next level - an ability to know WHAT they wanted, e.g. food, water, bedding, exercise wheel, etc.).*

*The next win this weekend occurred after buying $250 worth of plants from a local nursery which was closing down. It was a half-price sale and **T** and I ended up with two car loads. I felt guiltily greedy, deciding we were helping rather than taking advantage of the situation. Anway, that night just prior to sleeping I became aware (telepathically) of something in my `space' that wasn't there before. I took a (theta) look and perceived a bunch (as in `a bunch of flowers') of ethereal (I hope you're looking these words up - I had to and I'm writing this!) beings, very faint, very frail, but very definitely existing and communicating. They seemed to have large, round, upturned mouths and were (silently) wailing or*

grieving (not crying - no eyes as such). As soon as I formed the thought `What's this?' I realised it was the plants - or the theta-type beings which create what in the physical universe we know as a flower, tree, etc. - and they were lamenting the closure of their `nursery' (they KNEW it was the end of it).

*I wanted to immediately wake **T** and share this with her but she likes her sleep and also she had the flu so I waited till morning. I KNEW I wouldn't be able to communicate fully the significance of the plant communication. I've been interested in fairies and folklore since childhood as well as books such as Supernature by Lyall Watson, and following the progress of the Findhorn community which began with a couple growing plants and vegetables (the locals said NOTHING could grow there!) quickly creating an Eden and spiritual oasis. When asked the secret of their growing record-sized vegetables, or anything at all, the woman said she could see the spirits and talk to them.*

Naturally I was being unable to communicate much about it to people at work on Monday (though it never stops me trying to). One woman tried to explain it away saying it was probably on my mind about the nursery closing down so I IMAGINED the plants being upset and talking to me. (Yet she would quite happily buy a book called There Are Fairies At The Bottom Of My Garden, or Discover Your Personal Guardian Angel, etc) Another girl explained she was `a Christian' and because the Bible says plants don't have souls then she was not able to believe such a thing, but she enjoyed hearing about it anyway. (What the Bible DOES say is `Judge not lest ye yourself be judged' but I have yet to meet a Christian who doesn't.) Another girl believed the whole thing but is not interested in self clearing having just joined Jehovah's Witnesses. Honestly, if aliens wanted to know why mankind should be allowed to continue to exist they'd better not ask me today.

14.8 Communicating protests

a) what protest could you let another tell you
b) what protest could you tell to another
c) what protest could another tell to others

Monday 17/5/99

***R** - This handled a lot of charge from the **protests** mentioned in the above paragraph, reminding me how intolerant I was whilst still with the C of S. Three pages of answers led to realising how ANY group by definition is at odds with other groups or non-group members. Later I realised of course there is a gradient scale from totally opposed/**protested** up to full agreement. For some reaon I then recalled a sensation/experience of being exterior to mest I'd had recently while driving our new car from a local car dealer. I realised THAT occurred because I'd exteriorised from the GPM/s involved in trying to re-register our old car. Oh, what a feeling!*

14.9 Acceptance

Go to a crowded place. Spot people. For each one, accept them for what they are and mentally acknowledge them for being that.

***R** - This was a nice way to finish the chapter!. Had a few realisations. Realised I hadn't in fact been doing a lot of accepting of others, and then people from my past came to my mind so I just accepted them too, and then I found it was working on objects, things in the physical universe around me - because*

objects were a mystery to me and captured my attention. Then I noticed people were starting to look a bit `unreal', like cartoon characters or something out of Alice In Wonderland. I started to get sleepy after that so I acknowledged that was the high point of the process. Life is a big joke, after all.

Tuesday 18/5/99

***T** - I have had influenza since Wednesday night, which doesn't make life easy. My right ear is blocked and I have lost my ability to taste, only picking up heat or cold, salt or sweet. Today **R** offered to give me a touch assist. I could see he was quite eager to assist me so I said yes. Before we actually started I realised with **R** and his gadgets that the reason I don't like him buying them is because I am jealous of his ability to enjoy them, whereas I still don't feel I am consistently happy. We had a bit of a laugh about that. The touch assist went well and I felt better as the day progressed.*

Summary of Chapter 14

***R** - Having handled so much **protest** (which I didn't even know I had) with the processes of this chapter I feel **FAR more at cause over ARC**. I mean, in communication with birds and plants, for heaven's sake! (I'm going to add some more `Findhorn' data as soon as I can find something appropriate from the net) Actually, the REAL skill for me is staying in communication with humans despite what's going on in my personal universe. In fact, it was two years into our relationship that **T** realised I wasn't like other people, you know - human. It wasn't that I hid anything from her, it's just that there's such a gulf between the material and the spiritual, and humans have it so back-to-front, they're just so BURIED in it they don't GET what you're saying to them. It takes a few processes, a few cognitions or/and a couple of severe reality adjustments to get through to them. And of course any psych would have a field day with the contents of this diary - but they're human too, you see. Thankfully, being anonymous is the way to avoid possible invalidation! Anyway, some really nice wins from this chapter - but I've come to expect that! The important message I want to get across is that ANYONE can do self clearing and EVERYONE should. It's still unbelievable to me that people are wasting this opportunity to discover something about themselves, or become spiritually aware/free, or however you want to put it.*

UPDATE - I've now located the Findhorn website: http//www.findhorn.org/

*Meanwhile life continues to improve for **T** and myself - our relationship, our new house, the new car, exotic birds in the garden, the plants, the new CD Roms (Encarta '99, Britannica, Encylopedia of Birds, etc). You know, I remember putting everything I could towards processing so that for years I could barely afford a cappucino. Now, thanks to the Pilot's Self Clearing I'm doing all the processing I've ever wanted - for free! Now we're looking foward to purchasing our third property and I have three cappucinos every day. Thanks for sharing our diary with us.*

We wish you well with your own spiritual progress. Nothing is more important than that.

NOTE This diary is continuously under construction. Often **T and myself do not finish a chapter at the same time, nor do we write-up everything on time. Also links and notes may be added to earlier chapters, corrections, changes and updates made, etc, etc,. So, don't be surprised if sections of this dairy change from one week to the next. And now, on to chapter 15.....*

[End of Chapter 14]

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Self Clearing Diary

Chapter Fifteen

'Problems'

Our aim is to inspire others towards enlightenment via self clearing

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When we talk about problems in processing, we are not talking about things that one solves, as in a math problem, but about persistent difficulties which remain fixed and which one can't seem to solve. For example, we are not talking about solving the "problem" of how to pour the concrete foundation for adding a new room to a house. That is something you handle by studying construction or hiring an engineer. Instead, we are talking about problems such as needing to add an extra room but not being able to afford it. In this case there is a conflict, with two things in opposition. The need for a room and the absence of money.

In the sense that we are using here, it is only a true problem if it is a persistent condition that exists because of two things in conflict. If there were only one rather than two things involved, it would carry through to its natural completion. But with two things in opposition to each other, they hang suspended and cause the person's attention to fixate. In theory the person should be able to figure out one side or the other. In our example, he would either figure out an alternative to adding a room or some other solution to his need for extra space or he would figure out a way to make more money or build it more cheaply or whatever. These are the normal mechanics of living life and solving the one sided "problems" which are no more than exercises in how to get things done.

But when two things lock up like this, they become difficult to confront. When the person tries to confront the problem of needing more room, he stirs up his money worries and can't think about it clearly. And when he tries to confront his money troubles, he gets distracted by the worries about needing the extra room. And so the problem persists, continually nagging at him and never really resolving unless some outside force intervenes. And he will become habitual on certain kinds of problems, so that even when a specific situation is solved by gratuitous fortune, he gets the same kind of mess going again as quickly as possible.

Furthermore, all logic and appearances to the contrary, if he has gotten stuck like this you will find that he is himself creating both sides of the problem. He is stuck because he is putting both opposing forces there and holding them in opposition and sitting in the middle between them. That is why he can't think and do something to change the situation. There is more to discuss here, but we should run some processes first.

Most of these processes use "What is the problem?" as the first question. They are generally simple alternating commands where you spot the problem and then spot something about the problem and then spot the problem again etc. You need to keep spotting the problem because it will change and your awareness of it will increase. Also, an earlier problem that underlies the first one may come into view,

so don't make a point of continuing to spot the same problem.

The Pilot's Self Clearing book *- Chapter 15*

***(R** - Before **T** begins this chapter I'm insisting she complete **chapter 24 Suppression.** She's had the flu for two weeks now whereas I got over it in two days. (You can read why in **ch 24**). I want her to gain a good reality on the relationship between suppression and illness, not only to help her currently but to proof her up for the future.)*

UPDATE Sunday 30/5/99 - Spent all morning doing processes of **Ch 24 Suppression on **T** and she has already written down four pages of results/wins - somewhat of a record for her. So that was a lot of emotional charge handled! So we've BOTH now had excellent results and can verify the effectiveness of **chapter 24** in getting on top of the factors causing one to be `sick'.*

***UPDATE Saturday 27/1/01 - **T** - Reviewing this chapter I can't BELIEVE I was sick for two weeks! Because I just don't get sick any more. I did not have the flu at all in the year 2000. I took one sick day off work towards the end of the year. Using Chapter 24 I spotted where the suppression came from and handled what came up. I felt better and was able to move around freely, after spending that morning in bed as I was too weak to walk around.*

Wednesday 19/5/99

***R** - Had a HUGE win before even beginning this chapter on **Problems**! It happened after reading LRH's book Creation of Human Ability on the train going to work this morning. I'd been reading about the relationship between havingness, winning, the importance of **problems** in life, etc. You know, if you're living life then you're having **problems**, and if you're solving them then you're winning, and ALL this `clearing' stuff helps you to solve **problems** better therefore life is better, etc. Anyway, before work I'm having a healthy McDonald's breakfast (hotcakes & syrup - yum!) and I suddenly recall one of mum's favourite phrases (which I'd heard so often it had become part of me). Actually there were three:*

1. *`We've got enough **problems**'*
2. *`We don't want any more **problems**'*
3. *`We've got enough **problems** of our own'*

*Then I recalled only ever having one proper birthday party in my life and that was because I made a strong enough fuss (protest - see previous chapter) about it to temporarily override mum's computations about **problems** above. Even then it was traumatic as mum decided who would come (including someone I `hated'), kept ordering me to do things because `It's your party', and screamed at me because a girl wanted to give me a present (a stamp album) in the next room. I think the girl wanted to kiss me and that's why mum freaked out. I was 11 years old then. I was 19 before I recovered enough to begin confronting girls again. I'm saddened to recall how richer my life, especially my childhood, could have been under different circumstances.*

*But the BIG win here was spotting (more of) these computations/fixed ideas/stable data I had been running on all this lifetime. It goes a long way to explaining why I've been so dissatisfied with life, etc. Also, it's important to note WHY I had the realisation - my attention is on theta things on a daily basis. (You'd think doing **Self Clearing** (almost) daily would be enough - especially with having to produce this*

diary - but it works the other way). The more theta gains/wins you get the more you should want. I was accused of `spiritual greed' by a yoga teacher once but that's not the case. It's a matter of being ABLE to appreciate, being able to HAVE, spiritual/theta things. This stuff is for the ABLE. And if you think there is anything more important then you are either spiritually dying, already dead, certainly disabled in the game of life. But the point again - about reading theta/spiritual (clearing) stuff - is that getting the theta IN forces the entheta OUT. If you're not having cognitions/realisations then you're NOT getting/ understanding what you're reading. There will be misunderstood words or fixed ideas (entheta) preventing/outweighing the theta in the LRH books or Pilot's materials or other clearing data you are reading.

15.1 Confront

This is very simple. Just alternate the two commands, letting the problem shift around or letting an underlying problem come into view as needed.

a) What is the problem
b) What part of that problem could you confront

***R** - Decided to address `poor eyesight' with this process (I've run too many processes on my myopia to expect a cure, and as the Pilot notes there's no hope of curing someone's eyesight with such processes if it's caused by Incident 1) because it came up on the question and I know there'll be some gains from it. The process quickly allowed me to see that the blurry vision was connected to some big mass of mental pictures and thoughts (GPM stuff? So it COULD be connected with Incident 1) which was/is so solid it's not real I can touch/deal with it (yet). When I realised I had no difficulty confronting some thinkingness and/or effort aspects of this problem (see tone scale) its mass keyed-out and I felt I no longer had the problem of it, so I left this process there and decided to continue to handle `poor eyesight' with the next one also.*

15.2 Games and Creation

At basic, we are balancing the nothingness with an infinity of creation. As a person becomes blocked on direct creation, he still continues to add to the richness and variety by playing interesting games. When he can't do that either, he starts creating problems compulsively because that at least gives him some kind of game and creation. By inventing problems or games, the person begins to create causatively and can get off of the stuck compulsive creation that is holding a problem in place. Each of the following 3 processes has two commands that should be alternated.

15.2.1a) What is the problem
15.2.1b) Invent a problem of comparable magnitude

15.2.2a) What is the problem
15.2.2b) Invent something worse than that problem

15.2.3a) What is the problem
15.2.3b) Invent a game that would be more interesting than that problem.

***R** - Process **15.2.1** ran for three pages, bringing up this lifetime baby recalls which were new to me, and a*

this life dissection of an eyeball in biology which I already knew about. As I continued I recalled more about a series of lives as a scientist (long ago, not earth) which would not have seemed to be aberrative at first inspection because of how we view scientists. But then as I confronted what I was doing I saw how I had set myself up for a number of ***problems*** *in subsequent lifetimes. (You may recall in a previous chapter a stomach* ***problem*** *went back to overts on stomachs during this same `scientist' period). This time I saw how I'd helped design/make artificial eyes. A particular problem/overt was an `eye' which did not have automatic focus, so the* ***problem*** *was adjusting it after insertion. Other overts that came to view were exposing optical/retinal tissue to various destructive things. My realisation was this was all, (including the creation of photo-sensitive cells/tissue which hasn't been done on this planet yet, I think) was all very clever but actually an overt, in that it was a substitute for theta perception. (My ears `popped' on this one as something cleared from my space/mind.)*

R *- With process* ***15.2.2*** *I saw that more basic to my eyesight* ***problem*** *was the inability to perceive clearly without a body. I suddenly saw the physical body as a combination hearing aid, viewing aid, feeling aid, walking aid, sexing aid, eating aid, havingness, etc. It is a substitute for a self-created beingness. It is a ready-made terminal, game piece or token. So the* ***problem*** *now became `having to rely on or use a body' (see tone scale - needing bodies). This ran for two pages until the `worse problem' became `Never able to be free'. It then occurred to me this was because my current Incident 1 goal might be `To Be Free' - which I hadn't recognised while reading all the Pilot's data on the incident - because that seemed to make sense. That would explain why I had the purpose this life to investigate `ways out' or `escape routes', and why I had to get out of the Army, various relationships, various jobs, why I got into scio, wanted to astral travel, exteriorise, why I hate feeling`trapped' etc, etc, etc. So I've still got myopia but these various wins/gains are priceless. I've now got a head start on handling Incident 1 when I get to that chapter (ch36). And THAT had better fix up my eyesight!*

R *- For process* ***15.2.3*** *I decided to deal further with an inability to move or touch mest directly (or even perceive it clearly without a body). After two pages of answers again I ended up back at the Incident 1 idea of `Only one will survive' in the sense that I (and most others) failed to survive as thetans. We lost THAT game. I reached my first yawn with the idea that helping others to move mest would be a more interesting game than simply doing it oneself. Finally I saw that the inability to do so arose out of huge ARC breaks with mest directly caused by implants. I decided these would/should be dealt with in later chapters and was content to see I was continuing to make progress in that direction. The win was getting a reality on what was needed to attain such an ability. This diary reflects a fraction of the clearing necessary to achieve it. If a journey of a thousand miles begins with the first step then I must be well on the way.*

Thursday 27/5/99

R *- Did more* ***15.2.3*** *on the problem of not remembering names easily and straightaway recalled being abused by a French aristocrat in front of some women for not remembering his name, title, etc. Actually I didn't know him - it was his clever (but suppressive) way to meet the women (courtesy -`court' behaviour as I cognited a while ago - forbade talking prior to formal introductions and as a fencing master I was able to enforce it). There was a surprising amount of charge on this incident so I immediately looked for a similar thing I had done and found it MUCH earlier - back in my `Messenger' period. I had routinely by-passed any earth hierarchy, approaching assigned terminals directly. I got real upset of course when someone by-passed me. Looking a bit further I realised an earth woman's charge stemmed from owning bodies or protecting bodies (see scale) when I ignored her to talk to her husband, just as I was*

`protecting' the French ladies so much later in time. Then I saw the pattern go earlier when as a godlike being I'd discriminated against/by-passed all humans, which is why I can experience so much effect from humans now. Comparing that to present time I saw the same mechanism all around me with multiple discriminations against differences in such things as colour, race, gender, income, social group, etc. etc. I also saw my `solution' to being an unwanted effect was to withdraw, become smaller. I don't know if this will `cure' my memory for names but I do feel less alienated from others than before.

At lunch it occurred to me that in theory one could run `invent a game' as a process in order to key-out ALL one's problems. After lunch I began more* ***15.2.3*** *on my chronic myopia but ran out of time before obtaining a result. I did recall as a boy inventing a chess game where no pieces were `taken'. This was my solution to the problem of my younger brother always trying to beat me at chess. Actually, as I write this I realise I hated competing as a kid, though I enjoyed being top of the class. I didn't like being defeated and wasn't willing to inflict defeat on others. Mm, as I'm only writing up notes at this point I'll have to examine that area at a later time.

Friday 28/5/99

15.3 More on confront

15.3a) what problem could you confront
15.3b) what problem could another confront
15.3c) what problem could others confront

R *- Quickly found it easy to write down `could confront ANY* ***problem****' then hastily added `in theory' because of course it was quite glib and I continued the process. My second page of answers I wrote `Whatever is not confronted becomes havingness' and recalled mum wouldn't let me have/touch anything (as a baby). I found the one thing I could always `have' was my poor eyesight. (Actually, as I write this, I see it's probably mental masses causing the poor eyesight). I saw how important havingness was to babies because their doingness is so limited and their beingness is so uncertain (they've just lost the last one, remember). It became real I actually had a tight (theta) hold on a grief charge back then because that's all I could get hold of, and then I saw the pattern repeating (locks) through childhood. I saw that any loss or imagined loss (of a toy, pet, girlfriend, etc) prompts a substitution, because anything is better than nothing, and grief is a good, solid something that one can really feel, wallow in, etc. And, what with all the earlier losses (from how many past lives?) that grief can be MORE real and MORE solid, therefore BETTER havingness than the original havingness - and so one is sucked into going/staying down scale, accepting second bests (substitutes), losing, etc.*

Taking a break, I recalled soloing OT2 years ago. I had no idea what to expect. At first nothing seemed to be happening so I relaxed and continued the process. Then there began a build-up of `something' as I kept going. Suddenly I was bashed in the head with a house brick. That is EXACTLY how it felt. What came up/turned on nearly blew my head off because it was so `solid'. If I had ANY doubts about whole track, etc, previously then I never would again. Hubbard be praised. The `house brick' then turned into a picture of an elaborate electronic implant installation way out in space. Of course I've been impervious to scoffers ever since. Now I see that `solid' converts to `real'. You know, if you can FEEL something then there must be something there. And vice versa, anyone denying a reality is simply out of comm/touch with that reality. Anyway, the `house brick' was followed by a grief line-charge which lasted an hour. I've felt lighter/cleaner ever since, utterly grateful to LRH without whom, etc. etc., and enjoyed a greatly

enhanced ability to `go track'.

*So what does all that have to do with the current process? Well, with **What could others confront** I realised that suppressing the FACT of past lives prevents humans confronting ANYTHING previous to their current life even if they wanted to. (Of course the method of running OT2 (and some other processes) sidesteps this **problem** brilliantly as it requires NO belief in or even knowledge of `past lives'). I realised all/any current problems are sitting on earlier (past life) problems if they' don't resolve easily. I realised I could confront any thing/**problem** I could get a handle on, or get into communication with (I proved that on OT2) and that's what I'm busy doing with **Self Clearing**.*

15.4 Solutions

If one has a problem of this sort (two things in conflict), and one "solves" it without confronting or taking apart the source of the conflict, the solution doesn't actually remove the original problem but simply buries it. In our example of needing an extra room (perhaps one now needs a second bedroom for a child) and not having enough money for it, one might "solve" it by borrowing money or even by getting divorced. This in turn becomes a new fixed idea because the solution must be held in place to avoid the original problem. And being fixed in place, it will in turn become a new problem. This is a self perpetuating mechanism which leads to ever more problems Let's do some processes on this.

15.4.1a) What is the problem
15.4.1b) What solutions have you had for that problem

15.4.2a) What problem has another had with you
15.4.2b) What solutions have they had for that problem

15.4.3a) What problem has another had with others
15.4.3b) What solutions have they had for that problem

***R** - This ran for two pages of answers but didn't get a result yet. Absolutely fascinating seeing how all my solutions became problems requiring further solutions!! For instance, glasses were a **solution** to poor eyesight but a **problem** in Tae Kwon Do (they'd fly off when doing spinning kicks), so a temporary **solution** was slowing down my kicks till I had the **solution** of contact lenses, which became a **problem (**to remove e.g. after a few beers), etc, etc. Of course the BEST solution would be resolving the need for glasses in the first place. Anyway, I ran it to a point where I saw my **problem** was having a case/ time-track and my **solution** was to wear it, carry it around, preserve it, HAVE it, etc, which of course reduced my beingness. Ran out of time so I'll continue next time.*

Monday 31/5/99

***R** - Continuing **15.4.1** for a further six pages of answers it suddenly occurred to me my long-term **problem** of trying to move mest/objects in fact reflects the Incident 1 goal TO BE GODLIKE (Okay, I cheated by looking ahead to ch 36 some months ago when ENTRY INTO THIS UNIVERSE caught my eye - I'm that kind of a guy. Incidentally, I've had recall of Merlin and Arthur incidents, genie/flying carpet incidents, etc., LONG before reading about The Pilot's `Magic Universe' . My continuing standard for accepting any of his stuff is `Does it agree with or assist MY reality/recall?). Various previously random incidents now fell into place as `opposition' to the above goal (Emperor decapitating villagers to stop me/*

*us monks from using godlike abilities e.g. levitation, `Commander' retiring me/us as godlike beings and `flying' now forbidden, etc.). It became obvious THE **problem** was being trapped in the dwindling spiral of re-cycling these Incident 1 goals. The next goal becomes the **solution** to the **problem** of the previous failed goal, on and on forever and ever, amen.*

Continuing the process for another page of answers I realised the (mental) mass accumulating from the pursuit/opposition to the Incident 1 goals is MORE than enough to bury/occlude ANY hint of ANY existence/activity prior to one's current lifetime. (As I type these notes up - 24/6/99 - a simple analogy comes to mind. Imagine rolling a large beautiful gem along the ground from point A to point B. No problem until you meet some resistance/ opposition in the form of mud or snow. Soon you have a mudball or snowball which - if you continue your goal - accumulates more and more `mass'. How long will you pursue your goal now? Until the growing mass is as big as you? Twice as big? A hundred times? Your beautiful gem has become a monster. Then one day another nice gem appears so you stop pushing your huge mudball/snowball. But it's still there! You made it and only you can unmake it!) Anyway, the BIG WIN here was tracing a problem or problems down through its mechanics to rock bottom source (an Incident 1 goal), something I'd dreamt of since my first ever processing session.

Tuesday 1/6/99

***R** - Realised this morning how MUCH of a win it was yesterday - chasing a problem down to its basic basic, an original goal for this universe (per Incident 1). The cognition increased to seeing how OTHER Inc 1 goals had moulded my entire existence in this universe, bringing reason and understanding to various aspects of many previously viewed lifetimes and providing answers to questions I hadn't even formulated! For example, the Inc 1 goal TO BE FREE finally provided the right `why' for my behavior throughout many apparently unrelated lives, including my current life `obsession' with various philosophies, the occult, paranormal, etc. I was too blown-out to begin the next process until I'd acknowledged this win.*

***15.4.2** Fantastic! I saw straight away this question would (eventually) reveal things like opposition goals and opposition terminals. (I wrote `this is MAGIC!). Suppressing my glee at this discovery I got on with the process. Before the end of a page of answers I saw that my stubbornness had been a big problem to many people, and realised that `stubbornness' has its basis in the Inc 1 goal TO BE ENDURING. At the same time I realised why I'd refused any employment this lifetime to do with laboratory work. I'd been there, done that as a scientist (Inc 1 goal TO BE INTELLIGENT) clocking up numerous overts on animals, bodies, organs, etc. and could no longer `stomach' such work.*

*With the next process/flow **15.4.3** I saw `intelligent questions' as being a huge problem, such as when reporters grill political figures, etc. I quickly saw it as a dramatisation of the Inc 1 goal TO BE INTELLIGENT versus the next goal TO BE STRONG, and I also spotted the goal TO BE ENDURING in various individuals and organisations, and even constructions/buildings (such as the pyramids). Again the win here was tracing stuff back to basic, recognising the source of people's games/problems.*

15.5 Incomplete communications

The earliest problems came about through fixed ideas that rest firmly on the protest button that we addressed in the previous chapter. But the protest itself comes about because of communication barriers. And so we can also handle problems by addressing stopped communications.

15.5.1a) What is the problem
15.5.1b) What communications have you left incomplete about that problem

15.5.2a) What problem has another had with you
15.5.2b) What communications have they left incomplete about that problem

15.5.3a) What problem has another had with others
15.5.3b) What communications have they left incomplete about that problem

*On **15.5.1**, I struggled to come up with a **problem** to run. So I started making a list of possible **problems** to handle and suddenly realised there was a common denominator - a desire `to be free' of the effects of all of these **problems** I was listing. AGAIN I had stumbled on an Incident 1 goal, this one TO BE FREE. This seemed to be my current goal. My viewpoint shifted and I saw the reason why these **problems** were annoying was because they were challanging my current goal! Each one was reminding me I was NOT free, NOT free to deal with them (because of current laws, morés of society, etc.) Even my dreams demonstrate I'm NOT free such as when I'm being chased or attacked! I began to see how TO BE FREE had become compulsive behaviour causing resistance/opposition/**problems** in other people (such as mum, various bosses, etc), and led me to various life choices/practices (yoga, martial arts, drugs, Rosicrucianism, hypnotism, meditation, scientology, et al).*

***15.5.2** quckly led AGAIN back to Incident 1. I saw how I'd `lost' to mum over the years, succumbed to her valence, that Nature uses opposition (stags fighting, bulls fighting, males and femals fighting for supremacy, pecking orders, etc. etc), and then I suddenly saw it all coming from the Incident 1 postulate `Only One Will Survive'. Then I thought it COULDN'T be that simple and looked around for exceptions to the rule. And saw that even plants compete for space, sunlight, etc, and even that the physical universe eventually out-lasts any life form! Only one will survive! That explained why I attacked a theta pole trap and lost. That explained why/how we've descended through all the dynamics. That explains why the dinosaurs disappeared. Inevitably when there's competition there can only be one winner. But the Incident 1 phrase `Only one will survive' operates as a hidden compulsion motivating/aberrating everything/everyone in this universe.*

*On **15.5.3** I immediately saw a scale of opposition (per tone scale) from postulates down through games, emotions, effort, mest etc. I saw (because of Incident 1) the inevitability of opposition/**problems** in this universe and therefore the inevitability of this universe continuing (to decay/decline) indefinitely. I also noticed we have almost succeeded in entirely eliminating the 7th dynamic from the equation. This is proved by asking any human being what they really are, where they've come from, etc. I also saw the inevitability there'd be a multitude of `wrong answers' to questions such as `What's really wrong with me/man/us?' because any answer is better than no answer. I breathed a (theta) sigh of relief as I realised the Pilot's Incident 1 data was emerging as the one RIGHT answer despite the odds against it.*

15.6 Responsibility

The person is creating their own problems. First run:

15.6.1a) What is the problem
15.6.1b) What part of that problem could you be responsible for

And then run:

15.6.2a) What is the problem
15.6.2b) What part of that problem could you admit causing

15.6.1 *began with the fascinating realisation that ANY* ***problem*** *restimulates Incident 1 because `Only one will survive'. So ANY* ***problem*** *becomes a challenge. Then* ***what part could you be responsible for*** *triggered the recognition of YET ANOTHER Incident 1 goal. The more I did the process the more real it became I'd been running on some ancient goal. I suddenly saw that ALL my aversion to promotion/s and various positions of authority throughout this current lifetime clear back to space opera times stemmed from a failed goal TO BE RESPONSIBLE. Numerous incidents came to view aligning with this goal and then I suddenly saw how my mother manifested this SAME goal throughout my life. I also saw how she dramatised another goal, TO BE DOMINEERING. Again there was a series of `That's why' this and that, and I ended off at that point. I saw how each of these basic goals could be run on all flows when one is ready to do so, and decided I'd gone far enough for the purposes of this chapter.*

Wednesday 2/6/99

R *- For process* ***15.6.2*** *I chose `Getting out of the mest universe'. A page and a half of answers led to seeing I'd caused the original (and continuing) decision to `be' (here) (as an individual life/theta unit), thus automatically putting myself in opposition to everything else that exists (because it's `not' me). Therefore (simply by existing) I am the cause of all possible problems I might ever experience, including being `stuck in mest'.*

15.7 Duality

Since we are concerned with problems that have two sides in conflict, lets practice spotting two things at a time. Look around the room and spot two objects at a time until you can comfortably hold two things in your mind at once.

This produced a number of realisations. I saw that EVERYTHING in the physical universe is connected to something else, so although there appear to be many things there is in fact only the ONE mass/mess from a spiritual viewpoint. I then saw one of our greatest fears is the fear of `self plus nothing', which would be zero havingness. And the worst fate is that of oblivion, which would be self=zero with mest being infinity (e.g. body thetans and/or worse). Anyway, at this point I looked around at other people and the most real thing about them was their manifestation of Incident 1 goals. I saw how they (and others from this life) dramatised `being important', or `being meticulous', `being right', `being different', etc. etc. I then realised I'd achieved the goal of the process and could comfortably hold two things in my mind at once. I also saw that if I'd had/used this ability earlier then I wouldn't have succumbed to the pole trap.

15.8 Running both sides

Now lets look at the two sided nature of problems. And let's run back chains of problems because the person creates the same problem again and again. This can be run many times, each time taking a problem back down a chain of earlier similar problems until the chain dissolves. Keep running this until you feel freed of the weight of past problems. First spot or recall a problem. Then do the following

steps over and over until either the problem dissolves or it seems to be getting more solid or has stopped changing (no new material is coming up). If this happens (becoming more solid or not resolving), then spot an earlier similar problem and run these steps on it. Keep going earlier similar until the entire thing comes apart with real relief. The commands are:

a) state or restate the problem
b) spot something about one side of the problem
c) spot something about the other side of the problem

***R** - Almost as a joke I ran a current problem of receding gum line requiring recent dental work. The usual indication is `brushing too hard' has caused the gums to recede. As I did the process I suddenly gained a viewpoint IN my mouth - I BECAME the gum and got the idea it felt it wasn't as important as the teeth because the teeth get all the attention. The gum actually felt invalidated having suffered the (dental) pain of needles, surgery, etc, in favour of the teeth. Well, that was fantastic enough but it went earlier. I saw a witch doctor with a necklace of old, yellow teeth. Seeing this in movies I'd always thought the teeth were from victims of tribal wars, or cannibalism, etc. Now I saw his teeth were `gifts' from grateful patients. The size of the `necklace' showed how experienced/good he was. In their system the tooth was not favoured over the gum. In fact the gum was more important. I ended the process at this point but later in the day it suddenly occurred to me the gum was in fact dramatising the Incident 1 postulate `Only one will survive'. With that I realised that yet AGAIN a problem had resolved back to basic basic.*

Thursday 3/6/99

***R** - Okay, **T** has had great results from doing the processes of **Chapter 24 Suppression** following her recent flu and insisted on getting on with this chapter.*

15.1 - Confront

***T** - I had a good realisation to start the chapter. I used to think that confronting something was fixing the problem eg if I took money from **R** and then told him later (thereby confronting him with the problem) that this would fix it, but this doesn't address why I took the money, had I done it before and would I do it again - this is the real problem. To me confront is the tip of the iceberg. If a person loses the use of their legs in an accident they have to confront it, but it's a long way from being able to walk again ie the solution to the problem.*

15.2 - Games and creation

15.2.1

***T** - I chose to deal with a painful split webbing toe. I selected/invented problems of comparable magnitude eg a paper cut, a festering pimple. Then I realised a tiny hole in my foot wasn't a problem of great importance, if at all.*

15.2.2

***T** - This process involved thinking of a problem and then thinking of something worse than that problem. I thought of an infection which I was able to get ride of with m edication, but which has returned.*

Initially I felt the problem was the infection, but then it was the fact that it has come back and I need to take medication. However I realised that this problem is not bothering anyone else, is not painful etc. It would be much worse if I couldn't stop bleeding or lost my job because of it etc.

15.2.3

***T** - I thought of a problem I have, which is I don't like going slow and I'm fairly impatient. It wasn't easy inventing games which were more interesting than the problem, but I did. As we kept going over the problem it lost its intensity and we left it at that.*

15.3 - More on confront

***T** - Had a big realisation with this process. People who write letters to newspapers seem to be saying `Here is a problem that I have - YOU confront it'. People who complain about dogs, politicians, trains etc are not confronting it or attempting to solve it, they're just making others aware of it, hoping that they'll fix the problem.*

Saturday 5/6/99

15.4 - Solutions

***T** - I had trouble starting this process, as I wanted to know what I was supposed to get out of it. **R** suggested that we take a look at a problem I have with tight clothes being around my neck. The charge on this area was too great (a possible strangulation from a previous life). Instead I chose a problem I have with not wanting to spend much time with my family. This morphed into my lifelong feelings of jealousy towards my brothers and coming off `last'. This led to my favourite topic, my 9th birthday party, where my brother put me `last' in the games. I likened my party to the game `Six Degrees of Kevin Bacon' because most of my emotional baggage can relate back to this incident. One of the solutions I came up with was killing my brother (not seriously). I thought the term `solution' meant the ultimate answer to the problem, but after looking up the word and discussion with **R**, I can see how there are short term and long term solutions.*

Monday 7/6/99

***T** - After handling my mother with the suppression chapter, I returned to visit her this week. We got on very well. She even gave me a jumper which she had bought but had changed her mind about. Earlier that day I had lunch with a guy at work in the tea room. He is extremely overweight but has a positive outlook. It was the first time that he didn't shock me with his eating habits (coughing, food going everywhere) and I didn't feel embarrassed to be seen sitting with him.*

Wednesday 9/6/99

15.5 - Incomplete communications

***T** - I tried to handle my brother's smoking (yet again). I realise that I don't have an acknowledgment from him that there is a problem, and also that I don't have a solution in mind. I then thought about body problems, and the fact that the incomplete communication is probably an ARC X. Most of my problems*

are body ones. I know my body is degenerating but I'm not made of money, so I get by however I can. Hopefully as my thetan gets stronger and with more processes I can anticipate a body regeneration, which will be a complete communication.

15.6 - Responsibility

***T -** The problem is my mother just burnt my bras in the frypan, attempting to get them dry so that I can wear them. I'm responsible for the fact that I know her track record, she's a time bomb. Earlier I brought to her attention the fact that I would need the bras, but I just left it at that, although we mentioned ironing (mum) and hair dryer (me). The next thing I know my mother is freaking out - I thought she'd hurt herself or something. I was so relieved when I saw my mangled bras! There was no reaction. I gave her a hug, assured her everything was okay and that it wasn't important. I even got her to have a bit of a giggle about it, and I let her know I considered it to be unintentional (ie not an overt). It's good to look at a situation like this and see that I have responsibility, as does my mother.*

*I have had **problems** with different people at work, mostly not wanting to mix with them. I realised that I was putting up barriers and didn't want to get involved with others. I have caused ridges where they were not necessary. Now, as my communication ability and disposition have improved, I embrace communication. **R** has commented that he is happy to hear that I am being open and friendly with my co-workers.*

15.7 - Duality

***T -** No problems with holding two things in my mind at once (just with focussing on distance).*

Sunday 13/6/99

15.8 - Running both sides

***T -** I listed my current problems, as well as looking up the word "problem" in the tech dictionary. A recurring **problem** I came up with is my brother smoking in the house. I realised that he is committing an overt/non-survival action as he knows it bothers me but he chooses to continue doing it. He also has my mother backing him up. My side of the **problem** is I haven't properly communicated my difficulty to him, which I will endeavour to do.*

*Another **problem** is the fact that I don't like to look for **earlier similar problems**. A few years ago one of **R**'s friends audited me on a whipping incident. This didn't turn out so well and I got `stuck' in an engram. Now I purposely blank out my mind to avoid looknig at earlier similar incidents. The other side of the problem is the fact that I am aware of how beneficial going earlier similar is from what I've read and especially from **R**.*

*Another **problem** I dealt with was of being `put out'. The **present time problem** is **R**'s parents visiting for three months every year. I feel they expect me to sit around and listen to their old stories when I'd rather be doing something more constructive (I mentioned to **R** that I'd rather do processing than watch videos etc). I came up with an Earlier similar (after clearing this **problem** earlier) of when my Nan used to visit for a couple of weeks every year. She would use my bedroom and I would sleep on a mattress on the floor of my brothers' room. Looking back at this scenario I felt it was the right thing to do, however I realised*

it's SACRIFICE on the tone scale. This has been a regular ongoing condition, as I usually agree to do something/help someone and then they walk over me.

Summary

***R** - For me the highlight of doing this chapter was gaining the ability to trace current lifetime **problems** back to the (Incident 1) goals laid in upon entry to this universe - to basic-basic. When I first looked through chapter 36 these goals were just words the Pilot had come up with for reasons unconnected to me. Now, with this chapter (and twenty-odd years after starting on the Clearing path) I recognise them as **possibly the most significant discovery on the road to freedom in this universe**. Time and time again the VERY goals as provided in **chapter 36** popped up as THE basic aberrations upon running these **problems** processes. And realisations continued after and between sessions. For instance last night (27/6/99) after a few beers with **T** while watching a bit of sport on TV I went to the toilet. As I stood there doing my thing I suddenly saw ALL my thoughts to do with happiness were sitting on the Incident 1 goal TO BE HAPPY. Obviously there'd not been much charge left on it and it just popped up as relating to my happy alcoholic haze. So it seems **Incident 1** is unmocking/unravelling automatically for me as a result of doing this chapter and there may be little left to handle when I eventually get to **chapter 36**. It even struck me today (28/6/99) I had attained some kind of EP (End Phenomenon) for the entire **Self Clearing** course, or at least a result of CONSIDERABLE magnitude.*

*For myself the struggle to get back to `the beginning` has taken many years/levels of processing PLUS doing the previous 14 chapters thoroughly. Without the stable datum of **Ch 36** I would continue to have wins/cogs but I doubt I could have come up with the full **Incident 1** myself in the near future. It seems that Ron (and therefore scientology) indeed only had a part of it. Therefore the TIME saved on one's path to `total freedom' is incalculable. So too is its value and importance in freeing all beings. I could go on but to what end? My aim remains to get others to do **Self Clearing** and discover these things for themselves.*

*Comparing the results/wins of **T** with mine you can see the difference things like`case' level, experience and training makes. Like most things, the more you do something then the more ABLE you are to do it. Meanwhile we continue to demonstrate the workability and value of the Pilot's **Self Clearing** program both for a `beginner' and an `advanced' individual. Once again the processes of the chapter were an adventure each more wonderful than the last. Once again each process `worked' . We wish you were `here' with us (spiritually) on this incredible journey as it continues to get better and better for us.*

*PHEW! Finally got this chapter written-up today (1/7/99). My final viewpoint of the Pilot's **Incident 1** upon completing this chapter is that I am now seeing THROUGH it. There is undoubtedly lots more of it to be handled but I now see it acting as a `grouper', causing a being's time tracks of earlier universe/s to converge at the time of **Incident 1**. Anyway, **T** and I have already begun the next chapter. Thank you for sharing the results of our Self Clearing. We look forward to hearing about yours.*

[End of Chapter 15]

Back to Diary Chapter 14 Diary Contents On to Diary Chapter 16

Self Clearing Diary

Chapter *16*

`Must Have and Can't Have'

Our aim is to inspire others towards enlightenment via self clearing

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When you want something too much, it tends to run away from you. When you want to avoid something too strongly, it tends to seek you out. Think of being in the water and reaching too hard for something so that you make a wave which pushes it away. And then think of pulling back from something so hard that it creates a suction which draws it to you. It is not that you can't like something and get it and have it, it is that you can't crave something and cling to it without getting into trouble. It calls for a lightness of touch rather than desperation. The more desperate you are, the harder it will be.

You might say that your energy is behaving in a backwards fashion. Your attempts to draw in what you "must have" and to push away what you "can't have" between them create a sort of unpleasant vacuum. It is similar to the "ridges" formed by the opposing forces of a problem (two things pushing against each other forming a sort of wall) but it is more dynamic in nature with love, fame, and fortune rushing away from you and undesirable things continually landing on your plate.

If you can reach a level of acceptance, of being willing to have or not have, if you can like and enjoy without craving and compulsion, if you can be disinterested or walk away from something without rejection and revulsion, then you can rise above this mechanism and dissolve it. That is the real secret of success. That is how to lead a charmed life where good things come your way instead of studiously avoiding you.

One of the best ways to break down a "must have" is to visualize wasting the item. Sometimes it might feel like you are feeding things into a vacuum for a few commands. And then the barrier will break down and you will find that it's easy to have something if you will give a little bit of it away. Then you can go further by visualizing giving it to others and others giving it to you. We will run this on a number of common "buttons" (a button is something you push or that somebody else pushes on you to bring about a reaction, in other words, a hot topic).

In some cases, the item might be one that you are trying to avoid instead of something that you are trying to have. In that case, instead of "wasting" the item, you should run "having more of" the item as the first process (the other processes remain the same). We will discuss that variation further in the next chapter. For now, if one of these seems like something you want to get away from rather than have, use "have more of" instead of "waste" as the first process in the area.

The Pilot's Self Clearing book - Chapter 16

Friday 4/6/99

***R** - Another great week. Miles behind on typing up the diary because life is so full, generally. For instance, three whole evenings I ran suppression processes (chapter 24) on **T** because she'd had a bad flu. Her wins alone were so voluminous she wrote five pages of them, a record for her. Then (last night) she refused to continue with the suppression handling. My first thoughts were oh no, here we go again, and wondering why the **Self Clearing** wasn't working for her, etc. Then she said she really wanted to go on with the next chapter! Obviously she had achieved the desired result of chapter 24 Suppression. When I mentioned her `illness' she said `Oh, yeah, I'm not sick any more' and that she'd recovered shortly after starting chapter 24!*

16.1 Money

Visualize (invent and create a mockup) of ways to waste money. Imagine actual physical actions which do waste it. Keep mocking these up one at a time as well as you can until something comes apart or falls away. If the need and craving were really bad, you will often feel warmth and energy (a pleasant sensation) as the barrier falls away.

Of course there are a few people who are already in good shape in this area, in which case the result might not be spectacular but simply feeling good after a few commands of this. But note that even many rich people are not in good shape mentally on the subject of money, being trapped by their fortunes.

***R** - Well, **T** and I are already doing well financially now. Since beginning **Self Clearing** we've purchased two home units, sold one, bought a house and currently collecting rent from the other property. So results from this chapter would have to be quite spectacular.*

*I had no trouble mocking up ways to **waste** money - trucks dumping money in holes in the ground, or having money burn, etc, until I got the idea that money was just paper. Then I saw myself with mountains of coins giving it away wasting it to the people, and realised it wasn't a mock-up but a recall from Arabian times on earth. Then I realised it had been an overt on many people because it runined them and enslaved them. Then I recalled robbing trains in the American wild west and realised I'd had a **must have** on money for ages. After a coffee break I continued and recalled creating a force field or pressor beam to repel money away from me. Somebody had said I had a **must have** on money and to make them wrong I said/postulated I'd never touch it again! Then I recalled being a genie in Arabian times and flowing money to a boy at a market. No, his name wasn't Aladdin, but it may as well have been! (I had recalled this years ago but this is the first time I've told the world). Then I saw how I'd lost the ability to flow/have money and so had to work for it.*

*Continuing the process I visualised stuffing containers with money/valuables and dumping them on uninhabitable planets. Then I realised that wasn't **wasting** it. In fact, having it in huge steel containers where nobody (else) could get to it was in fact **protecting** it. This mock up persisted and kept getting more real until I acknowledge it was actual recall from space opera times. Then I spotted the postulate that I'd never need money ever again. This was all good stuff but I felt there was something I wasn't getting so I continued (after lunch) to visualise any/every possible way to **waste money** until I recalled mum blaming me for **wasting money** as a kid. Actually she STILL today is convinced that she `spends' money whereas I **waste money**. I saw that THAT had really enforced a **can't have** condition throughout*

my life. I continued the process until I realised that in my mind, or in my universe, I no longer had a problem with wasting money - in fact I could now CREATE money. The process had taken me to the top of the scale.

16.1.2

Note that money is the "energy" of society and it needs to flow freely. Run these alternately:

a) visualize giving money to another
b) visualize another giving money to you
c) visualize another giving money to others

***R** - I ran this (alternating) for a few commands noticing how I saw far greater amounts of money involved with people other than myself, and how I would stop money coming to me, etc. Then I recalled something from a past life robbery involving drugs and a van. I experienced a couple of somatics - a pain in the foot and my ears `singing' until I was able to visualise money flowing THROUGH me without interference/ stops.*

Monday 7/6/99

***R** - Continuing the above (second) money process I once again found myself reviewing incidents I'd recalled while doing money processes years ago. I could have assumed the process was `flat' and stopped there. But my ability to achieve a definite RESULT has been so strengthened by my accumulated **Self Clearing** experience I decided to continue the process for further gain. For instance, with one persistent mock-up of giving money to others, receiving it myself, etc, it seemed VERY realistic in that there were large bundles of new, American bank notes changing hands and being loaded into a van. I realised it was an actual incident from a past life. With that my viewpoint of another recall of robbing trains from horseback changed. It was now obvious these monies were flowing from others to others before I interfered. So those were overts on that flow. I see now that my agreement/postulate that such actions were okay makes me vulnerable to being ripped off in THIS lifetime - and indeed that's been the case. Anyway, I realised the cross-flow was cleared up so I decided to continue the process to handle the remaining flows.*

*So continuing **16.1.2** further I became aware of the terminals (banks, tellers, etc) involved in the flows. Then I saw myself as a clerk for the railroad company endorsing a payment to myself then later riding to a payment point and collecting wages under a false name. So that was an overt on the flow self to self. Continuing, I thought of President Marcos of the Philippines and how he'd stolen billions from the people and put it into personal accounts outside the country. AGAIN I thought of the steel vaults I'd recalled a number of times in previous money processing. I suddenly realised I'd done what Marcos had done but on a much larger scale. Those vaults were filled with valuables and what I'd done (way back in space opera times, of course) was have them taken to various planets/asteroids. The idea was to safeguard and guarantee my wealth into the future despite even a planetary catastrophe. I even knew the digital code of the containers would be something like 999999 because I knew computers may be used to crack it and it would take longer to get to the nines.*

Of course the whole thing seemed far out and unbelievable, etc., until it suddenly occurred to me this was all a goal/problem/mass thing. Then I realised it all went back to the Incident 1 goal TO BE WEALTHY

and I had in fact become the wealthiest person in the universe at one point. I'd been unable to accept, see, or even confront this previously because money had always been a `problem' for me. The `unreality' was now replaced with this brand new viewpoint. Now instead of `looking up' to wealthy icons like Marcos or Bill Gates I can now enjoy the idea they'll never be as wealthy as I once was - and STILL may be if those vaults are still out there!

Tuesday 8/6/99

***R** - After a restless night and recent attempted break-in of our house (got barbed wire up now - that should slow them down) and a general `angry feeling' I couldn't begin the next process until I'd sorted out my universe by writing down what was happening. This (itsa) led to recognising there was an ARC X but before I could determine `whose' I got the idea of a bunch of soldiers taking defensive measures against some enemy, brown uniforms, laying down barbed wire (as I did yesterday - so THAT was a key-in). The `group' had been held together by an agreement to survive, and this had transcended death (they were `removed' by shelling finally). This cluster had awoken/triggered with my thoughts yesterday about forming a `survival' group with someone at work. None of this was metered and I ended off after realisations about my life (e.g. recent urges to join the army) and some yawning.*

*I was then able to continue **16.1.2** for three more pages of answers and cognitions until noticing I was okay about **others** giving millions to others, but **I** wasn't happy giving millions to others. I saw this had stopped me in life (e.g. in Amway and other multi-level ventures, etc) and then got a recall of being knighted/ rewarded for something in the past. Then while going for lunch I realised WHY I had a problem with making others into millionaires - it was the Incident 1 postulate `Only one will survive'. I was still suffering from its effects. I finally realised that because of past achievements of wealth part of me had been stuck at **Had** on the scale.*

Thursday 10/6/99

16.1.3

Money is only a medium of exchange. It is only a symbol or a substitution for actual work and possessions. Run these alternately:

a) What could money be a substitution for
b) What could substitute for money

***R** - By my second page of answers I saw how the process had taken me from **had** to **substitute** on the scale. I saw that attention on money replaces attention on things themselves (goods, houses, etc). Continuing I saw how we'd degenerated from being able to create things directly (such as with `magic') down to needing money to get things. I kept recalling things to do with the time of Merlin and Arthur and realised Merlin's `magic' was ability/agreements carried over from the Magic Universe. His connection with it was stronger/more real than other people's and so it wasn't hard for him to make someone into a king on earth (Arthur), and didn't need to rely on money. It's only now as I type this up I see that, for me, money is a substitute for `magic'.*

16.1.4

You need to be free on both accepting and rejecting. Note that you can both accept and reject the same thing (in other words, you could do either one comfortably).

a) What money could you accept
b) What money could you reject

Well, if Merlin was fairly unbelievable to recall I now came up with genie incidents! The difference in `agreement' was quite interesting. As a genie I could ***accept*** *ANY money. I realised today I can only* ***accept*** *the wage I am working for. I was surprised to see I was actually* ***rejecting*** *other monies. Didn't really resolve anything so decided to continue tomorrow.*

Friday 11/6/99

R - 16.1.4 *This ran for two more pages of answers/considerations, realising I could accept anything offered but wasn't able/willing to `compete' with others for* ***money*** *prizes, competitions, lucrative positions, etc. I see now (didn't realise at the time - that's one of the advantages of typing up one's wins!) that in fact this is because I'm still effect of the Incident 1 postulate `Only one will survive'. I'm manifesting losing the game/goal TO BE WEALTHY (see ch 36) in this life having accumulated too many considerations about* ***money****. Mm, `arrival' is one of the no-game conditions and I believed I had already been the wealthiest man in the universe.*

16.1.5

This drill is done by closing your eyes and visualizing clouds of money around your body. Then you take the cloud and push it into the body (don't pull it in, push it in from outside, just visualize this as well as you can). After you do a few commands of this, mocking up a new cloud each time, then you throw the cloud away and have it explode in the distance. Again doing it a few times. Then go back to pushing it in, alternating these two actions back and forth, a few commands of each. If either throwing away the cloud of money or pushing it into the body seems difficult, then do the opposite command a few times (push clouds of money into the body until you can throw them away or throw them away until you can push them in).

Begin this drill visualizing dirty and degraded money to start with and later (when you can handle that well) gradually improving the quality until you are mocking up extremely nice money (gold or whatever). It is best if you mockup the stuff in a sphere all around you rather than just in front of you. Do this until you feel really good, and can have or reject money comfortably

R *- Only had time to begin this process and ended off after a few wins/cognitions.*

Monday 14/6/99

T - *Just reading through the opening passage to this chapter and looking up the word `waste' in the dictionary, I reliased that waste is not just a physical thing, as I used to waste a lot of time with* ***R*** *on weekends. I would just want to lie around and not do anything. I'm happy to say things have changed and I'm very productive now.*

16.1.1 - Money

T - *I thought of ways in which money can be wasted eg burning it, shredding it. I thought of* ***R****'s mother and my brother wasting money through poker machines. This is a concrete incident of waste ie not a mock up. My win was coming up with a real waste which* ***could*** *happen eg buying my mother a microwave oven or other appliances with she would not use due to her technophobia. I feel it's important to have a knowingness on waste eg if I bought* ***R*** *a shirt with a button-down collar it would be wasted because he doesn't like them.*

16.1.2

T - *This process involved visualising giving money to others and others giving money to you and to others. I realised that money takes on various forms (obviously) and there are different methods of giving a person money eg if my mother gives me money she doesn't hand it to me, she leaves it in my bedroom under an ornament. She also seems to have a problem with confronting money. If I hand her money for rent she doesn't usually accept it. She tells me I haven't stayed there long enough etc. Now I wait until she asks me for it. Hopefully this will help her.*

16.1.3

T - *Came up with different ideas about how money could be a substitute and what could be substituted for money.* ***R*** *altered the question slightly and I could see how money could be a substitute for anything. I told* ***R*** *I've never regarded money as being important because it's only really paper and metal.*

16.1.4

T - *This process involved thinking of ways to accept money and reject it. I honestly didn't think I could reject any money. I had a long chat with* ***R*** *about this and how we put conditions on money. I could accept money found in the backyard but not dumped on the side of the road or that was obtained by illegal means. I would also reject money mistakeningly credited to my bank account. I remembered at school my best friend's parents were well off financially and my family was fairly poor. I felt really insignificant when she tried to pay for me, and to some degree rejected her friendship because of this. It got to a point where I just resented her. I suppose I rejected feeling `kept' by her.*

Tuesday 15/6/99

R *- Continued* ***16.1.5 Clouds*** *for an hour while travelling to work by train this morning. Knew I could/ would continue it as long as necessary to get a good result. I now think of such processes as CCH (Control, Communication, Havingness) processes for OTs.*

Wednesday 16/6/99

R *- Did another hour of* ***16.1.5 Clouds*** *on the train this morning. The wins actually began while shaving this morning. Continuing on and off through the day I experienced the following:*

* *Process difficulty is directly proportional to accumulation of stops/ridges*
* *Blew a definite ridge/barrier preventing me pushing money into the body*
* *Was able to `explode' a house we nearly bought recently, so was now able to `waste' it*

** Was now able to push houses, goods, services, etc as well as money into the body*
** Suddenly things were flowing into body automatically/easily. I saw this ability was connected to the lifetime where I'd achieved ultimate wealth (see earlier)*
** I became able to push/flow the entire physical universe into the body - and then realised this was a re-inversion (if we're suffering from inversion into mest)*
** Was now directly dissolving ridges put there during LSD trips many years previously*
** Realised I habitually improved conditions whereas most/many humans worsen them*
** No longer needed to `explode' money/mest, etc. Now preferred to simply de-materialise stuff*
** Was able to destroy a hover scooter (a favourite whole-track vehicle of mine) leading to realising attachment to ANY item from even one past lifetime sticks one to ALL mest.*

Towards the end of the day I pushed through some dopiness and into a `critical' feeling, which I knew indicated an overt/withhold. I recalled `The basic overt is making others want mest' and then immediately saw myself pushing others into a pool in the Magic Universe. Yet AGAIN things go back to Incident 1 - and in this case to the overt part of it. (UPDATE Sunday 4 July 1999 - I found this item on the internet yesterday - along with the news of the Pilot's `outing'.)

Thursday 17/6/99

***R** - Had three cans of beer last night to celebrate progress so far. This morning I re-experienced a state of being exterior to the physical universe very briefly. I took this as a nice confirmation I'd completed the previous process, which the alcohol probably magnified.*

Friday 18/6/99

16.1.5

***T** - After struggling with this process on my own over a few days I enlisted **R**'s help. We decided I had not been performing the process as per the Pilot's instructions. I had been trying to mock up my own hands pushing money into my body. **R** said this was `pulling', which the Pilot said not to do. I struggled to push money into the body. It would adhere to the skin, and I could only get it in through holes in the body. The first time I tried to throw a cloud of money away it stuck to me. I also had trouble exploding it so **R** came up with other ways for it to be disposed of eg burning. I didn't realise I had trouble **having** money as opposed to **not having** it, which can be seen from my actions above.*

*Two days later we had another stab at the process. We realised that the problem was not just money, I have problems with ALL matter. Really big upset. HUGE misunderstanding on the concept of the word `flow' in relation to processing (self to others, others to self, etc) which has now been cleared. **R** felt I had trouble with solids and mass and so he came up with a process: Get the idea you are the body, get the idea you're not the body. It was reasonably easy for me to see that I am the thetan (what a disappointment bodies are!) We looked up `thetan tone scale' in the tech dictionary, which helped us both. **R** came up with a good process. He asked me to think of a holographic wall and a holographic cube, which I was able to mentally push through the wall (finally!). I was then able to complete the process and push money into the body after that.*

Sunday 20/6/99

16.1.6

Now close your eyes and imagine that you are looking down at a large city. Preferably one that you have some familiarity with and do not have a great dislike for. Spot accumulations or flows of money within the city. For each one, reach down and connect to it, and then disconnect from it. Initially you might find that these things tend to suck you in or that you have trouble disconnecting. Continue this until you can reach and let go of these easily without any difficulty or urge to remain connected. Note that a "greedy soul" between lives can often be lead around by the nose by mocking up some gold in front of him and leading him along behind it. This process should make you immune to silly tricks like that.

This entire set of processes should be continued until you can either have or not have money comfortably and do not feel under any compulsion either to get it or to avoid it. If you do feel any craving or compulsion, you should go back and run the above set of processes again. After this, you should find that it is easier to think about money sensibly and that it is less difficult to acquire because you are no longer driving it away by clutching at it too hard. A bit of it might even fall into your lap gratuitously. And you should no longer be trapped by your own greed.

T - *This process involved being above an area, reaching down and being involved in a money accumulation/flow. I picked our local shops. The first flow I picked involved two ladies and a child in a stroller. They were a little frightening, so I didn't hang around long. Then on to a real estate agent, who just reeked money. Next was on a woman who had just bought a bag of meat. I was able to get inside her bag and then withdraw. The next one involved a man who had a case of beer and his wallet in his back left pocket.* ***R*** *suggested staying above the area and reaching down with my hand. I did this, in a split second considering whether to take the wallet, which I didn't (he didn't suspect anything). I was more interested in feeling the guy up, which should stand me in good stead for the next processes on sex.*

16.2 Sex and Sensation

Here we are talking about the sex act as a mechanism of strong pleasure and sensation rather than addressing love and admiration which are much higher level feelings that will be addressed later. We are also talking about strong pleasurable sensations in general and if sex is an inappropriate item (you are too young or whatever), then substitute pleasure or pleasurable sensations in place of sex in the commands.

Also, if you are stuck on some drug which gives a powerful feeling of pleasure or ecstasy, then run this entire set of processes on it (using ecstasy or some other appropriate word) either instead of or in addition to running these processes on sex. These are run like the ones in section 16.1 above unless otherwise noted.

16.2.1 Mockup a way to waste sex

T - *I realise that sex (per society's definition) is only to be intended for reproduction. Therefore any sex which doesn't achieve this goal is a waste of sex. It took me a while to come up with this realisation, as I was concentrating more on sexual partners than the act itself.*

16.2.2

a) visualize giving sexual sensation to another
b) visualize another giving sexual sensation to you
c) visualize helping a prospective partner to have sex with someone else
d) visualize helping someone else to have sex with a prospective partner.

Note that c) and d) are not meant to mean participation in an orgy, They are meant to be selfless aid of another even though you yourself might desire the prospective partner. Note that this is a bit different from the way we ran money because with sex, either giving or receiving (questions a or b) are both to some degree have for self. You also need to run allowing others to have so that you can really be free in an area. Hence, the need for commands c) and d).

T - *Very difficult process. I realised I don't want people having sex, as they are contributing to over-population, producing criminals etc. I have a* ***must have can't have*** *on sex. Without it I have no 2D. This process went for hours, as this is a very charged area for me (My uncle wanted to get into bed with me when I was young, I was `touched' by a boy in my class when I was in first grade, I was stalked by a guy in high school). This is just some of the charge in this lifetime! My win finally came when I was able to mock up sex independently with two guys at work who I don't feel physically attracted to. I realised that sex is possible with anyone. I was very disappointed that after completing this process I still had my hangups about sex. Later I had an overwhelming other-determined consideration, "I'M NOT GOING TO MAKE IT". I have had this feeling only once before, when my father was diagnosed with cancer. I had an overwhelming feeling, "DAD'S NOT GETTING OUT OF HOSPITAL". From my brief reading of implants (see later chapters) this is my first reality on their actual existence and their effects on myself.*

Wednesday 23/6/99

16.2.3

a) What could sex be a substitution for
b) What could substitute for sex

T - *One thing I came up with is that sex could be a substitute for reality. A person may have no money and no future, but there's always sex! I realised that a substitute for sex for me is MEST. Time is spent at work, asleep, chores, etc. Space devoted to sex is small and then confined usually to a bed. Energy is used up with stress and daily living. Matter is emphasised through sexual devices (emphasis on appearance, mood etc, not the act itself).*

Monday 28/6/99

R - *Got back into communication with a friend from the old days. His wife was sick in hospital so I offered to do a healing process on her. He said okay, so I did process 11.5 from Chapter 11 which I'd done successfully on myself and then found it worked on mum (see earlier chapter/s). I'll provide more detail later depending on the outcome. But the big win was I was able to create a viewpoint where her body was located many miles away, and perceive a dark mass in the relevant area and turn it white, and KNOW this `worked' and KNOW what was back of the illness. I emailed the results to my friend and am awaiting feedback on the outcome.*

***R** - Continued with **16.1.6 (exterior) Connect and disconnect from flows of money**. I knew I still had a **must have** on money because I'm sure I fit the Pilot's example of a `greedy ghost'. I could see how `greed' could simply be a restim/trigger of the Incident 1 goal TO BE WEALTHY, and it was a `survival' goal so no need to resist it. Anyway, continued process through much yawning/boil off. Recalled some wins from doing the process yesterday on the train, which I hadn't recorded, so thought I may be overrunning the process. Then got strong recall of Arabian lifetime with the goal TO BE WEALTHY. All the loot/plunder had images of killings (of its previous owners) which didn't bother me then. I then realised WHY we have monetary systems everywhere on earth - it allows the dramatising of this goal. Then I saw that when people say `Power corrupts' it's more true to say `Incident 1 corrupts'. Then I recalled something that was in the steel vaults I'd placed on other planets (see earlier process) - it was ingots of a rare white element.*

Taking a break I suddenly got the reality of having had another Incident 1 goal in the past, TO BE DIFFERENT. I then realised my brother had been dramatising it this lifetime. Then I suddenly saw that because a body displaces some space in the physical universe then ANY person here is prompting a retaliation - another viewpoint on `the basic overt is being here'. Continuing the process I recalled that a jewelled dagger (curved, Arabian style) had been more important to me than its owner, and that custom forbade me to harm a visitor to my tent, but on the way home he was `fair game'. I then cognited on what `fair game' really meant. It was considered too easy to kill someone at one's home - not sporting. En route was okay. Anyway, THAT'S how I became wealthy that lifetime. Also a wise visitor, noticing my `interest' in something, would offer it as a gift. I also saw how such a life, or that of piracy, etc., was considered more acceptable in those days.

Having a break at lunch time I realised another Incident 1 goal - TO BE INTELLIGENT - is the main one pushed in schools. Other goals such as TO BE POPULAR are also acceptable with some teachers and pupils but not others. So Inc 1 is still unravelling....

*Continuing **16.1.6** produced images of many camels (a symbol of Arab wealth). I was now able to appreciate things other than money, such as these and horses and oil. Even water! I recalled exacting taxes from people for using a ruler's water from upstream! (Then I recalled what the ingots were - see above, they were platinum.) By the end of the day I felt I'd milked this process as much as I could, and in fact done enough on `money' including digging up two lifetimes where I'd had the Incident 1 goal TO BE WEALTHY, as well as many other wins and realisations. Besides, I need to catch up with **T** who's forging ahead.*

Wednesday 30/6/99

***R** - Okay, haven't done much processing for a while. Let's call it a win break! But Incident 1 still continues to resolve. This morning had a realisation about the goal TO BE STRONG and saw my life in relation to it. As before, with the awareness comes the ability to see others dramatising the goal.*

Sunday 4/7/99

16.2.4

a) What sex or pleasurable sensation could you accept
b) What sex or pleasurable sensation could you reject

***T** - I can accept sex dreams now whereas before I could only reject them. I can accept the fact that I enjoy watching flagellation, so long as I'm not involved. I have tried very hard previously to suppress this. It makes me feel ashamed because it's `kinky' or `abnormal'. I didn't think this was a great win until **R** mentioned **Ability Gain**: **the pc's recognition that pc can now do things he could not do before.** I can see now how important it is to confront suppressed feelings.*

Monday 5/7/99

***R** - Before starting the next process/subject - sex - I needed to clear my head so I wrote down some considerations/complaints I had about things generally, which led to realising **T** and I could in fact benefit from addressing our second dynamic/s.*

***16.2.1 Mock up a way to waste sex** wasn't hard to start as I felt I was already doing that, but it then got quite difficult. Then I saw **sex** was basically energy flows between terminals, and one could waste either. Then I saw that the incident 1 postulate `Only one will survive' explained why I always `abandoned' ex-girlfriends in favour of the new one. And this could extend to limiting havingness to only one car, only one house, only one child (in China), only one vote, etc. This led to further realisations such as restricting self to one terminal is a **waste of sex**, and the answer to scarcity is abundance, so sheiks have harems, politicians have mistresses, stars have groupies. Wanting it too much (**must have**) makes it go away, so that's **wasting sex**. Homosexuality is a **waste of** (the opposite) **sex**. I saw that society's moral standards are probably `Only one' computations. You know, the majority of people have the one job, one house, one wife, one car. I saw that agreement with this limits one's expansion/abundance. Then I saw I was making myself RIGHT for pushing others into Incident 1 by agreeing with it myself. Like, hey, I can do it. Also that I have to agree/obey rules because made others do so. Then I saw that `only one' universe would survive - therefore all our personal universes are ruled by the physical universe. And `only one' lifetime will survive and so for most people there is only the current life and no `past lives'.*

Then I recalled the`red devil' incidents I'd run years ago but had not understood the significance of at the time. Early on the track I'd come across a being mocked-up as a red devil (yes, with horns and pitch fork) looking down into a small `pool'. This made me curious (that was the idea, of course) and when I looked into the pool I saw buildings and vehicles and activity because it was actually a doorway to that (this) universe. The contrast with the low randomity where we were (just the two of us by a small `pool' in black space, no sound) was quite shocking. Next thing I was pulled or pushed or fell `through' the pool and that's all I recalled, really. Then of course I ran an incident where I was a red devil gleefully enticing others into my `pool'. This mechanism is SO similar to the Pilot's magic universe pool/s that I feel it's important to make a note of it. Also I ran the above YEARS before learning about magic universe and pools, etc.
UPDATE 7/7/99 - It occurred to me today the `pools' were actually viewpoints, either artificial like TV screens or created directly by a being as I'd created in earlier Self Clearing drills. They operated exactly like the `doorways' in Sliders or in many other SF or Fantasy stories. And of course Alice Through the Looking Glass.

*Anyway, on to **16.2.2 Visualize giving sexual sensation to another/another to you**, etc. Again this was a very interesting process to run. Again the Incident 1 `Only one will survive' computation seemed to be the basis of the conservatism surrounding sex. And by being `jealous' (not allowing a partner sexual freedom) then we trap ourselves. I kept thinking of partners from my past, and realised this was at `had' on the scale. I recalled suppression from mum in this area, recalling actual phrases she'd spoken*

although I wasn't capable of understanding them at the time (as a baby). I got a glimpse of how her GPM pattern is different to dad's. I recalled a couple of movies that portrayed my idea of ideal sex. Then I saw that `sharing' is above `waste' and how mum would freak out about wasting food, etc, yet insist on me sharing stuff with my brother. That made me recall again a life as a fat sheik where I loved to share `my house' with guests - food, shelter, slaves - until a white (European) Christian (?) moralist caved me in. Now I pretty much have his values, and no more abundance, no more pleasure, no more power, no more generosity. And then I realised this explained the key concept in How To Win Friends And Influence People. The key is to help others get what THEY want. And that's how I used to operate back then. Now I see it's simply being unaberrated on helping others, and getting others to help others. As one loses that then one falls down to helping only oneself.

Taking a break for lunch I felt something `fall apart' and it became more real how I'd become smaller as a being and more concerned with surviving on a smaller scale, more attention on self. Continuing the process I saw how so many people have problems in specific areas. For instance, some people can't receive/inflow ***sexual sensation****, others can't give/outflow it, others can't tolerate others doing it to others, etc. I recalled lots of incidents in this life and then suddenly rehabilitated that earlier freedom I had as a sheik. I realised* ***giving sexual sensation to another*** *does not have to mean doing something directly to them. A real freedom is (as it was then) being able to provide a guest with one of your own favourites! Now THAT'S generosity! I then saw that doing it oneself is a substitute for having others do it. Our current belief is an inversion of this. Continuing the process produced lots of yawning so I know I was overrunning it, but I now saw how all this life I'd done all the WRONG things, the opposite of what I should have done.*

Wednesday 7/7/99

R *- Strong chest pain following jogging last night so ran OT touch assist (* *process 1.3)* *for an hour on the train into work until I spotted an entity in the chest area. Process* *38.4 The NOTs technique* *didn't resolve it so I checked for a `holder' and got another entity, an `enforcer' or `manager'. Applying* ***38.4*** *to this one I got the response `You don't want to know'. At this point I suddenly recalled (Yes, some more of mum's helpful hints on how to succeed in life!) mum's `I don't want to know', `We don't want to know' and `You don't know anything' and `Nobody knows' and `Mind your own business' and `Children should be seen and not heard', etc, that went on most of the time - basically a complete suppression of my ability to know. I saw how much this had contributed to my `poor memory' for names, events, etc. Continuing the process however the `enforcer' maintained his position and I realised his PURPOSE was to suppress knowingness. At this point I got a huge realisation on how I'd `freed' my grandfather who was `stuck' in his kitchen years after the death of his body. (I'd done this long before doing OTIII and learning about entities and so forth). Anyway, checking for another `holder' I got the usual Excalibur result - an alien and space craft. This one was part of an invader/holding force of a `lizard race'. At this point I recalled LRH's `Terl' character from Battlefield Earth and thought `He KNEW about them!' and also the TV series `V' about alien lizards versus humans, etc. Continuing* ***38.4*** *I got that he felt `judged' as `bad/evil' from the human viewpoint and he didn't want to end up on the human side of the equation, paying some karmic `debt'. At this point I got the viewpoint of me as God being/playing both human and lizard. The `game' concept seemed to take `blame' out of the equation, and then I got the Bible idea of Armageddon, the final battle where good will triumph. Using `point to the being you divided from' the lizard pointed `up' to static or God and up he went. (Coincidentally I began reading a vampire book about an hour later and was excited to read the vampires were about to do battle with Jesuit priests who'd been prepared for this final Armageddon against evil). Finally I completed handling the first two entities that had been held in*

place. And of course this was all done without the aid of a meter.

Friday 9/7/99

***T** - Two days ago I came down with a cold, my second one in two months. **R** went through spotting an SP with me. I told him that I suspected a comment from my mother set my sickness off. She used my brother in comparing someone's age when in fact this person's age is nearer to mine. It seems that my family (particularly my mother) are readily able to put me last. I thought that my 9th birthday party where my brother put me last in the games was an isolated incident of coming last, but it seems as though it's still ongoing.*

Saturday 10/7/99

***T** - I was very sick last night. I had a fever across my face and neck and it felt like I was being burnt/ dying. I then woke up in the middle of the night and couldn't get back to sleep because my legs felt `on fire'. Today **R** and I did some more processing. I realised that I am overdramatising the problems that I have with my mother. Because I don't share the family interests I can see why I'm on the outer. I have thought for a long time that I was born the wrong sex in my eyes and in my mother's. However this is beyond my control. It is actually my father and his chromosomes who decide the sex of the offspring, so the responsibility lies with him. My mother is the youngest of a family with three brothers, so perhaps she treats me as she was treated. My mother commits overts by being sneaky. She gave me a cushion which she won via a radio station. I wasn't sure what to do with it, so I kept it in my wardrobe. Recently when I arrived home I noticed the cushion on my brother's sofa in the garage. When I questioned Mum about it she said that I didn't appear to be using it so she gave it to my brother. It reminded me of when I was about ten years old. I was in the Brownies. We had a charity drive where we were asked to bring in old games to donate to kids in hospital. My mother gave them our good games and my brothers blamed me, not the person responsible. They are still treating her with kid gloves. Felt better after I came up with this realisation after **R** had set me up on the suppression processing.*

***R** - **T** is feeling a bit better this morning so we did our usual Saturday morning thing - McDonald's for breakfast then weekly groceries and goodies at local shopping centre. Also bought a new mouse for the computer because we've worn out the last one. Then home, pumpkin soup for lunch, bit of TV, then I did more suppression processes on **T** - she runs really smoothly these days compared to the first year of processing - grooved in, as it were.*

Monday 12/7/99

***R** - Still got a virus or something - big pain in chest so again unable to jog last night. So I did an hour of **1.3 Applying the Attention Process to the body** (I call it **OT Touch Assist**) till spotted white spikey things/ entities in the chest area and saw (ancient) images of protest/torture which had caused them to develop antipathy to humans. (Reminds me of the rumour that the CIA deliberately cultured the AIDS virus in African slave labour camps). Realised how T/assist worked to `spring' entities by focusing attention on affected area/s. The assist generally relaxed the previously tense stomach area but there remained a number of unresolved matters directly relating to the symptoms/somatics. For instance while jogging with **T** I'd complained of the following in connection with the `chest' pain/s -*
*1) People must be using illegal/unusual things because I definitely felt **poisoned** by the fumes and was unable to breathe properly.*

*2) Smoke from fires combined with jogging up a steep hill made me think of a **volcano** (I speculated it was an OTIII related restim but this didn't go anywhere).*
*3) I became convinced I had a **heart problem**, that my heart was about to stop due to the `over' exertion of jogging. A couple of mornings I was in severe pain just walking to the station. **T** tried to make me see a doctor each time but I kept putting it off, saying I didn't want to be `opened up' and that surgery was butchery, etc.*
*4) If it wasn't poison then it had to be a **lung infection** from the recent flu (which people had died of) because I **couldn't breathe**. And/or asthma.*
*5) A couple of times I told **T** that the pain I experienced while jogging would have been enough to **kill** some people (unfit, overweight people, etc)*

However, each morning a T/assist brought some relief/results and I had no problem continuing the main Self Clearing program and getting my `usual' wins/results.

***R - 16.2.3 What could sex be a substitute for/what could substitute for sex** was an interesting process running for four pages of answers ranging from `nothing' (well, there's nothing quite like **sex**, after all) to `anything', in the sense that anything is better than nothing. I realised/understood how torture can replace/substitute for **sex**, because they both involve strong/extreme sensation. I realised what `balance' meant as regards `bad' sensations (like stress, anger, etc) versus `nice' ones (like **sex**), and saw that I need to work towards a better balance in my life. I saw that if one is lacking something (**sex**, money, whatever) then what one does have serves to substitute for the `missing' thing. I overran this realisation for two pages before coming back to it. I saw that the Incident 1 goal TO BE SENSUOUS is as valid (or invalid) as any other goal in this universe, and that any goal is a substitute for any other (failed) goal. And in fact as I write this I now see that any sexual problem could be traced back to that failed goal, as any other problem in life could be traced back to its Incident 1 goal. Finally I saw where I was and am sex-wise in relation to substitute, failed substitute, and even had (see scale).*

16.3 Food and Eating

We have bodies that, on a mechanical basis, need to eat. Since the need is chronic, it is easy to build up must haves and can't haves in this area.

16.3.1 Mockup a way to waste desirable food

***T -** Food ends up as a waste product, so technically all desirable food is waste in order to perform its function. It's not meant to sit on a shelf and look pretty, it's meant to be used as fuel for the body. I don't obsess about food. Even if I don't thoroughly enjoy a meal because of the taste, at least the food is carrying out its function. When I was a child I didn't like peas, so I would waste them by putting a spoonful of them in my mouth, filling up my mouth with a glass of water and then exiting the table and spitting them into the toilet. To some this would be a waste of desirable food.*

16.3.2

a) visualize giving desirable food to another
b) visualize another giving desirable food to you
c) visualize another giving desirable food to others

T - *The visualisations I came up with all centre around the happy emotions with food eg being offered part of another's meal, a cake in honour of someone else. I can't think of a bad moment because of food, only the bad emotions behind it eg when I was a child I didn't like custard. Once my mother gave me some so I threw it at the door. It wasn't the food that was a problem, it was my reaction to it.*

16.3.3

a) What could eating be a substitution for
b) What could substitute for eating

T - *Eating is a substitute for the fact that we should have bodies which don't need food to survive. To me eating should be like exercise, you can do it if you want to but it's not compulsory. I resent the fact that I have to keep feeding myself. I enjoy food but it's such a trap in relation to time consumption. My mother has a constant saying, `It'd be a much better place without food.' I'd like to see that happen. By now we should have vitamin-sized tablets which make our bodies believe it has just consumed a three course meal. Instead we have ready-to-eat meals in packaging which harms the earth, containing so many preservatives and unknown ingredients that no-one is that concerned anymore.*

Tuesday 13/7/99

R - Chest pain *much improved but not quite gone. Did some more OT touch assist with results directly continuing from those attained yesterday which I'm really reluctant to share. I'm a bit shy about this particular past life - it's somewhat incredible but here goes. During this touch assist I recalled a death involving a* ***volcano*** *and Italy. It suddenly made sense why I'd complained of* ***smoke*** *and steep hills and worrying that my* ***heart*** *would stop any second.* ***I `knew' this was the basic on my chest pain*** *and I also now `knew' why it had been so difficult for me to confront. It wasn't the actual death - any number of people have died in volcano eruptions, or on the Titanic, etc. It was my identity that was incredible, unbelievable, unconfrontable. So much so that I still can't reveal it at this time (****T*** *knows it - you can try asking her). As soon as I acknowledged this particular identity then things fell into place.*

*(****Update 5/8/99*** *- As I typed this up I decided to see what Encarta had to say about a volcano around that time. Vesuvius. AD 79 and Pompeii seemed right to me (but my recall suggested it was a deliberate explosion, an attempt (successful) to get rid of me and others like me who were no longer needed by those who really ran the show. Encarta says it was an `explosion' but there was no lava. Very interesting). I'd told* ***T*** *it was the first time in my life I'd been physically UNABLE to run and said I felt I'd been* ***poisoned*** *by the smoke. (I didn't know about Vesuvius's poisonous gases till I saw it in Encarta when typing this up). I recalled a boy drawing my image (before I was killed, obviously) and realised if `gods' (Greek, Roman, Egyptian, etc) really had existed then some of them would have ensured their images were accurate/flattering, whatever. Of course everybody knows gods are just `mythology' and never REALLY existed (you know, like the city of Troy was considered a `myth' till somebody found it) and all those temples and statues were, what, just superstitious whims? Anyway, the after-death recall was of the body lying on its side covered in white ash - as in this photo (but from a different angle - I saw it from above after exteriorising and it wasn't with a bunch of other bodies, as I recall).*

Okay, one final clue to this identity - I was described as and thought of myself as a Messenger. Some time prior to the death I recall being `retired' along with the others like myself. We were told we were no longer needed because `The System' was now in place and people no longer needed to be directly

monitored because they now monitored themselves. Oh, and flying was therefore no longer necessary or acceptable. I agreed to all this and recall getting upset because some gladiator schools were slow to forbid the use of levitation skills in their training. If I was no longer allowed then NOBODY was. This all came out on the Pilot's Levitation Rundown.

Wednesday 14/7/99

R - 16.2.4 What sex could you accept/what sex could you reject *ran for two pages of answers. Some childhood recalls revealed the computation that nice looking girls must BE nice. I didn't know they could be `nuts'. This had caused some traumatic situations where I'd been attracted to girls who in fact didn't care about my feelings, or anybody else's for that matter, being oblivious to their effects on others. My first thought was like, how can `sugar' get so contaminated? Now I know there is no correlation between a person's looks and their level of aberration - I just wish I'd learned it sooner. I now know that `spoilt' means ruined. I saw how some (many) girls had been ruined and how I'd been ruined as a child. Discovering this restored my power of choice of* ***sex*** *terminals (girls), resolving this chronic ruin. I also saw how society works to make* ***sex*** *scarce (thus creating a demand) beginning with the very young through to adulthood, until many people go into apathy and lose interest or become so obsessed they do crazy things.*

R - 16.2.5 Mock up crowds of sexually desirable bodies*, etc, released a couple of strong sensations not from this lifetime. It became real to me how good things had been earlier in my existence. I then saw how an operation earlier in this life had caused my body to feel sexually `undeserving' , contributing strongly to the `ruin' covered in the previous process.*

Continued straight on with ***16.2.6 Spot desirable sexual flows & activities - connect/ disconnect****, etc. for four pages of answers. Sprang/released some `new' track incidents (ones not recalled in any previous processing) e.g. lower part of female bodies existing without need of upper part - a not uncommon male fantasy and a service currently provided (so I've read) in Japan's hole-in-the-wall boutiques. And something I had seen before but didn't understand - two huge (a mile high? The scaffolding went below the clouds, all metal, not this planet) mechanical representations of a male and female organ. The puzzle was why they were constructed so far apart. Now I saw it was an implant. One sees (therefore agrees with) these two organs so solidly fixed that (one believes/postulates) they can NEVER get together. Unbelievably it was a contraceptive implant. I've never read or heard about such a thing anywhere except from my own mind. Then I recalled actually routing beings to this implant in the between-lives area in order to control populations. (After blowing this implant I was able to actually see/recognise desire/invitation in the eyes of women in my vicinity - a new experience for me!) This implant had been the basis of my inablity to `connect with' women. An irony is this implant showed up years ago during routine metered auditing but only unmetered Self Clearing, in particular this process, has enabled me to properly deal with it. Anyway, I now saw why I'd cried in kindergarten when made to sit next to a girl for the first time, why I'd been unable to get close to girls all my life, why I ran away from girls wanting to kiss me, etc. etc. etc. You know, it's not that I'm gay. I like girls but needed alcohol to get anywhere near them. The implant had ruined my sex life with a* ***Must have/Can't have*** *and now I've got it back again. Once again - thanks Pilot.*

Thursday 15/7/99

R *- Continuing chest pain due to recent flu so did more OT touch assist (****process 1.3*** *-from chapter 1) with*

some interesting results including exposing an entity/b.t. with a`shroud' mock-up and a `muffled' voice (muffled telepathy, even!) and the idea of a leper colony in Bible times. Process 38.4 didn't resolve him/it so put him through the Pilot's Incident 1. This produced stomach somatics (which relieved the chest pain somewhat) and the realisation that immersing the head and/or boy in the baptism ceremony had its origins in us pushing each other into the `pools' of the Magic Universe. It occurred to me that having it done this lifetime - as in baptism - may key-out one's original sin (overt) of pushing others into the pools, or help balance the flows somehow. It also occurred to me it may be true one can only go free after first freeing/releasing all one's entities/bt's, spiritual fragments, that entities are involved at each stage of the way out, and that Ron didn't have ALL the Incident 1 data (and the Pilot does). By this stage the entity/ fragment had `blown' and I was yawning. Just a reminder - we haven't used an e-meter since beginning Self Clearing because I wanted to know what could be done without one.

***R** - Okay, on with the next process **16.3.1 Mock up a way to waste desirable food**. Straight away I saw nature does this when fruit drops to the ground - then I saw in fact it wasn't **wasted** because birds, animals, insects eat the fruit and the seed has a chance to grow a new plant, etc. In fact with microbes down to the smallest level NOTHING is actually **wasted** after all - it's all recycled. I saw that **waste** was actually a viewpoint, which is quite profound, and good enough to qualify as an EP for this process.*

***R - 16.3.2 Visualise giving desirable food to another/visualise another giving it to you**, etc. quckly gave me the viewpoint of a flow, rather than discrete incidents as I got a glimpse of Egyptians serving food to Roman troops thousands of years ago (mm, only seems like yesterday!). At that time I'd always ensured the men ate first, contrasting horribly with this life incidents of being accused of `greed' or other bad manners simply for reaching for a piece of food at a party or something. Now I realised I was going effect of other people's problems/aberrations with food. Some people go crazy when you mention McDonald's, for instance.*

***R - 16.3.3 What could eating be a substitute for**, etc brought an interesting result after half a page of answers - I suddenly saw/recalled a corpse full of feasting maggots, which made me realise that **eating** is a **substitute** for **being eaten**. Again in this universe (per Incident 1) `Only 1 will survive' so it is kill or be killed, **eat** or **be eaten**.*

16.3.4

a) What desirable food could you accept
b) What desirable food could you reject

and then also run

a) What undesirable food could you accept
b) What undesirable food could you reject

***T** - I can now accept foods which were a problem when I was a child (eg bananas and pumpkin). I've become more aware of fat contents in food eg yoghurt, dips etc, and I'm now able to reject desirable foods on this basis. I realised anything becomes desirable if I'm hungry enough and that emotions play a big part in eating habits eg tone levels such as grief or boredom. I can accept certain undesirable foods if it means my appetite is satisfied. I am also not bothered if food is a touch raw or cold. To me the most important thing is to feel full, not the taste. I reject mushy peas or pea soup. I have had a longstanding*

dislike with peas and now I realise why I didn't like green sweets while growing up (and still don't). Same with me finding flavoured milk undesirable. When we were younger Mum used to put an egg and sugar into our glass of milk, so now I won't touch milk that is flavoured. Another undesirable food for me is frozen pizza because I was really sick after having one when I was young.

***R** - Gosh, **T** and I did the same process on the same day - doesn't happen often these days! Okay, **16.3.4** produced a page of answers with no tangible result apart from recall of being given a poisonous meal as an alternative to the guillotine in France.*

16.3.5

Now mockup huge amounts of extremely desirable food surrounding you. Begin with yummy but "degraded" food (whatever you think of this way) and gradually improve the quality. Push them into the body and throw them away as in 16.1.5 above

***R** - Really enjoy doing these `push it into the body' type of processes because by their nature they quickly exteriorise me from the body and provide practice at `operating' as a thetan. Immediately noticed on the physical level one's eating is limited by the size of the stomach, but on the theta level one can keep shovelling it in till the cows come home. Obviously ONE reason for getting fat is a confusion about this. Then I discovered ONE food which I could not waste easily - pavlova! But I `exploded' some until I finally COULD waste it and ended off for the day.*

Friday 16/7/99

***R** - Continuing chest pain which is preventing me from jogging (very annoying as I enjoy keeping the body at a reasonable level of fitness) so I'm really concerned about it. Why haven't the touch assists (process 1.3), entity handlings, etc. cleared it up? Why don't I have the ability to heal a body instantly? **T** of course keeps telling me to go see a doctor and I say it could be a heart or lung problem and I don't want my body cut open, etc. Anyway, I again confronted the `condition' beginning with a write-up of my considerations about it.*

Again this led to recalling past life stuff - this time of a sacrifice on an altar and then straight into some vampire stuff (which I won't go into because who would believe it but I thought I'd mention it in case anybody out there thinks they come up with weird stuff - personally I LOVE vampire films, books, etc. Anyway, the point is does it help clear up the problem?) which produced some somatics, (tingling, strong stomach and chest pains, sore throat) emotions (despair, paranoia). I then got a vivid impression/recall of being held down on top of a stone coffin by the throat, and impaled in the heart in true vampire fashion. I've ALWAYS loved vampire books/films because I'm inspired by the alleged strength and immortality of `vampires' and at this point I realised (if any of this was `true') then the Incident 1 goal TO BE STRONG was the one I was dramatising then. The planet wasn't earth, by the way. I eventually `failed' as a vampire and began to oppose them, etc.

Accepting what was coming up, various events in my life fell into place plus I realised where various vampire attributes stemmed from. A stronger/freer being could simply `mock-up' a body, turn into a `mist', change shape, go through closed doors, etc. Anyway, believe it or not. I saw chains of overts/ impalings I'd received, done to others, etc. and saw why the earth incidents (arrows, swords, stabbings, etc) I'd already viewed hadn't resolved previously. They were sitting on top of this `unbelievable' stuff. I

saw how one thetan (in this case me) playing the `vampire' game could pass the aberration on to countless other beings who in turn would pass it onto others. In other words I saw I needed to take responsibility (if this were not just pure imagination) for ALL possible impalings (including those of earth's Count Vlad) in order to resolve `my' chest pain.

*(**Update 8/8/99** - Swimming again this morning with **T**, jogging again last night, push-ups, sit-ups okay, knife-throwing, chopping wood for the fire, playing frisbee, etc. The `chest pain'? I finally went to see a doctor. He said nothing wrong with me, probably just `post-viral fatigue'. For me the bottom line is not whether past lives are `real' or not, or whether I died in a volcano explosion at Pompeii in AD 79 (in August - just another co-incidence of course) and this had restimulated because of smoke from fires while jogging up steep hills with a flu virus. The bottom line is that **Self Clearing** continues to be effective, even (especially?) in the face of severe illness. It took a lot of touch assists, entity handling, incident spotting and persistence with little apparent result until finally being able to confront and resolve this key past life incident. This incident opened the door to `earlier similars' which finally resolved it completely.)*

***R** - Typing up the results of each process has been slowing our processing down considerably. Also the diary gets further and further behind. Currently I'm staring at a pile of `worksheets' about an inch thick. So - my solution is to continue the diary but in a different format. You can assume **T** and myself will continue to do each and every process. We have long since learned great results can occur from a process we might have `skipped' as being `unnecessary' or `uninteresting', etc. We have proved every single process has `worked' thus far, so there is no logical reason why that pattern should not continue. Therefore you can assume in the future every process has worked and produced good results for us until and unless we indicate otherwise. Whoops! I tell a lie. **T** doesn't like doing `mock-ups' so she confessed to me she's being leaving those processes out usually. I'm not going to push her though because she's doing so well in everything else.*

So for myself I intend to post regular `wins' resulting from these processes, without going into great detail. This will shorten each diary chapter, help keep the diary more up-to-date, and allow us to progress at a faster rate. So far we have averaged one chapter per month. The new format in theory could enable us to at least double that rate. There are 50-odd chapters. Ideally a chapter per week could create a super being in about a year.

Tue 20/7/99

***R** - Did `golden breathing' on train to ease slight chest somatic, which worked well. Later, no attention on pains and able to do full day of SC. Ended day with draft `Power' process to be done next session.*

Wed 21/7/99

***R** - Reading about `Power' processing recently I felt I `needed' it but didn't want to start something which may interfere with SC so I mocked up a `Power' process based on the current chapter (MUST HAVE/ CAN'T HAVE). You'll recall a definition of Power is `The ability to maintain a position in space'. On the train this morning I began `Visualise being moved against your will/moving another against their will', etc. I immediately thought of a bullfighter giving way to a bull, and in aikido giving way to an opponent, so this was `willing' to move/be moved. Then I spotted a couple of incidents of being moved against my will (losing `my' seat, etc). This led to my first major cog re `Power' - I realised I'd developed a MUST HAVE on maintaining a (my) location (`Musical Chairs' pushes this button). Obviously, then, one should*

be able to have or not have a location, at will.

I'd `felt' this first-hand with an aikido master who, demonstrating `Ki Power', was literally `unmoveable' by myself and could not be moved or lifted from the ground by five other black belts. Plus there is film of Morihei Ueshiba, the founder of aikido, performing similar `impossible' feats of power.

Continuing (flow 2) I recalled driving a chariot (Egyptian) through a bunch of people, mowing them down. I realised I was enforcing the goal TO BE RIGHT and being a totally unreasonable `bully'. This led to various cognitions about making others wrong and also seeing how others dramatised this same goal, e.g. a boss at work, kids at school, etc. TOTALLY explaining WHY I'd gone so effect of the `bullying' behaviour of others.

Then, for no apparent reason, I suddenly understood the Pilot's Incident 1 goal TO BE SENSUOUS. I saw for the first time that it was just another goal which hadn't been clear to me because of my reaction (distraction) to it in the opposite sex. I saw the variety of reactions to it in other people. Some worship it, others react with jealousy, envy, etc. Also I saw how the `dumb blond' can arise where girls/women dramatise this goal exclusively.

*(**R** - UPDATE Jan 2001 - I later discovered my `chariot' incidents trace back to helping CREATE that part of the Incident One implant. I then helped build the pyramid/s and other earth symbols in order to lure beings to earth)*

Fri 23/7/99

`Power'

A very interesting result from the Power process I mocked up and began recently is it came to mind I had an inadequate understanding of the word `lieutenant'. Most of us know it's a rank in armies, navies, etc. That's the common (glib) `understanding'. But, you know, what does `lieu' mean, and why do the English say `leftenant' and Americans say `lootenant', and how does `tenant' fit into it? You know, what does the word MEAN?

(Also I discovered that awareness has to INCREASE to discover that a word IS misunderstood. You have to actually COGNITE that you have an m/u and people outside the clearing field aren't capable of doing that. In fact many within the clearing field aren't up to it and that's a basis for much of the conflict within it).

*Two definitions of **lieutenant** in my dictionary are: `a commissioned officer ranking below a captain and above a second lieutenant' and `one who holds an office, civil or military, in subordination to a superior for whom he acts'. Significantly, the `lieu' is from the Latin `locus' meaning `place', and `tenant' is from the Latin `tenere' meaning `to hold'.*

*This is significant because my Power process was based on one of the definitions of Power - **the ability to maintain a position in space**. Clearly a `lieutenant' has power because he is `holding the place of' a captain, for example.*

Following some `Power' processing and clearing the word `lieutenant' I now understand why I've been

unable to accept managerial type positions in life. It's also more apparent to me that ***misunderstood words do indeed lie behind all inabilities****.*

Wed 28/7/99

R *- A nice result from my PP is an awareness of being exterior to mest - not `within' it as my real self. It's different to other mest extereorisations I've experienced before. Yesterday I even came up with a process to consolidate/re-enforce it. While breathing in you put your attention on your current or interiorised viewpoint, then while breathing out you mock up being exterior to mest. It operates as a reach and withdraw, or touch and let go. I also saw it as an alternative or a gradient approach to `Conceive a static'. It can be done anytime, anywhere. It's like `Taking 5' as an OT.*

My purpose was to adjust the balance of the `vagueness' of the exteriorisation compared to the solidity/ reality of the body experience. For a while I actually experienced being both `in' and `out' at the same time - sort of bi-located, an equal balance. Eventually mest `won' but it's easy to recapture such experiences once you've been there and when all your attention is not required in physical universe tasks.

Sunday 1/8/99

T *- Started the* ***Universal Clearing Process*** *today (where have you been, compare that place to where you are now, where might you be, compare that place to where you are now). I came up with a win that I might be part of some critical mass. I might have been dispersed and come down and my goal is* ***to be critical*** *(incident one). I now have something that* ***I'm good at****. This has made me feel better.*

Wed 4/8/99

R *- On train to work formulated theta process of reach and withdraw alternating on a) mest b) own universe. Tedious but increased reality and separation of each. Lots of yawning. No increased visio or contact with mest but attained Know-point in each. Later in the day I did SC* ***Appendix B Correction List*** *and ran ARC X E/Sim re inablitity to be cause over mest with good results. It occurs to me now it may be a case of actually being stuck/located in BLA (Between-Lives-Area) (in agreement/effect of various implants/mest) therefore out of ARC with*
mest and therefore unable to be cause of it.

Thu 5/8/99

R *- Despite 3 beers last night realisations continued this morning. For example I realised the ability I now encompassed could be called Un-Ising. This is not `undoing' except in an absolute sense.*

I then decided to try it out on the train to work. I recalled an implant incident (eons ago) and got the idea of `un-ising' it. A few seconds later my attention came back to my body on the train but at a new level of awareness. My awareness now encompassed that which powered the train. I felt `myself' pulling/ drawing the train towards its destination. I told ***T*** *what was happening, including the fact I'd learned from LRH that man didn't actually know what electricity was.*

At that point I didn't know what electricity was either, but I knew I was (one with) that which empowered the train. (As I write this I NOW see I'd finally achieved a long sought for goal, to BE mest, or CAUSE

*over it). I also told **T** that I'd finally (it's a LONG sought after goal!) attained the ability to levitate, or at least to move objects to begin with. I couldn't go into it further at that time as we'd reached our destination and I had to operate in the physical universe I'd been used to.*

Sunday 8/8/99

***T -** Have done some more UCP since last weekend, and continued today. I came up with the fact that I've probably been a nun at some stage (seeking spiritual knowledge, not having regard to my physical appearance, always wearing black).*

Tuesday 10/8/99

***T -** More UCP. I thought of the concept of parts of a person being in different places ("a part of me died that day"). Some of me might be still overseas, at my brother's wedding, my father's funeral.*

Friday 13/8/99

***T -** More UCP. I used to cut skin off from around my fingernails. I don't know why I used to do this, however I remember I used to enjoy the sensation. I realised that I'm suffering from my past actions (no responsibility then) with fingers which are always having problems around the nails with excess skin, hangnails etc. I realise that this is what probably led to the wart around my left thumbnail, with me exposing it and constant picking. I've thought maybe it's because I find skin so interesting.*

Sunday 15/8/99

16.4 Work and Jobs

Although you might detest working, work and jobs are something that most people need to survive. Here we will use "work" in the process commands because it isn't always a formal salaried job. Housekeeping or going to school or doing charity work or simply having some role or task which one has undertaken and become responsible for are all included in this. Note however that we are aiming this at desirable work rather than drudgery or slave labor.

16.4.1 Mockup a way to waste desirable work

***T -** I came up with **R**'s father and his garden work. I have to be able to waste this work, which I enjoy, for the three months that he is here, so that he is able to have it.*

16.4.2

a) visualize giving desirable work to another
b) visualize another giving desirable work to you
c) visualize another giving desirable work to others

***T -** I realised that any business is being given desirable work from others (we gave desirable work to a guy to come and install a ventilator on the roof - we're still waiting). It seems desirable work is given to*

others if you don't find it desirable or possible.

16.4.3

a) What could work be a substitution for
b) What could substitute for working

T *- For me the best answer is work keeps me from dwelling on problems and being depressed. I agree that production is the basis of morale.*

Mon 16/8/99

R *- Felt generally depressed/effect most of weekend (because roof man cancelled again and/or videocam was struggle to setup?). No, probably coming down from previous big win/s. Continuing* ***Ch 16*** *yesterday, struggled to `waste' love/admiration till became aware already doing that and took a loss on it. Later, during jog with* ***T****, had win - unrelated to the process but relevant to chapter - realised I had a compulsion/****must have*** *on* ***problems****.*

Sore throat this morning so did OT T/assist on train with some improvement and various unrelated cogs. At this stage it seems `cleared theta clear' was only a key-out.

Tue 16/8/99

R *- Did 50 mins of `Not Know' on houses, fences, cars, etc. seen while on train going to work. Decided to `exercise' Not Know after reading email of `Potential' on self clearing list recently. Lots of effort required to counter strong feeling of not wanting to do it. Continued through `effort band' (see tone scale) up to Mild Interest, so need to continue later. Later, did three more processes from* ***Ch 16*** *over about 5 hrs and 15 pages of answers. Great results including state of `Games Release'.*

Wed 17/8/99

R *- Continued `Not Know' on train this morning. Up to Strong Interest now due to results including spotting huge postulate/effort to`not know' my brother`teasing' me (which made me cry and caused headaches as a kid). I realised THIS is behind the `myopia' I've had since I was a kid. Understand I've done MANY processes over MANY years to `cure' my short sight. So I reserve the option to be wrong about this. But with Potential's process I saw/re- experienced what I'd DONE on a theta level to Not Know the source of pain called `brother' and it's potential (excuse the pun) to ruin my vision.*

Later, continued ***Ch 16*** *and began* ***16.6.5****. As soon as I began the process I had a realisation about mocking things up. When I saw that it extended to ANY thought I realised this was cause over life. I then realised I'd attained the state known as released or keyed-out OT.*

Tuesday 17/8/99

16.4.4

a) What desirable work could you accept
b) What desirable work could you reject

and then also run

a) What undesirable work could you accept
b) What undesirable work could you reject

T - *I realise that each lifetime it's a case of desirable work being accepted/rejected. I'm at this point in my life because I've rejected other work (eg I'm a typist, not a cleaner). I'm also limited with other work that I can do. I would have to study to get a "better" job. I am able to reject what appears to be desirable work, however it's all part of unacceptable work, in the course of things.*

Wednesday 18/8/99

16.5 Desirable Possessions

Here we want to run the kind of stuff that you really would want to have and perhaps can't have. This could be cars or stereos or fancy china or jewelry or whatever. If you have a strong desire for children or pets or even plants or some other special thing, then repeat this entire set of processes again using that. This can also be run on "beautiful things", with the emphasis on the aesthetics of the objects, especially objects of art.

16.5.1 Mockup a way to waste desirable possessions

T - *I realised you can waste desirable possessions by having people influence your judgment on things eg I'm able to waste parts of the garden because of* ***R****'s father and what he wants to do. If I had a must have on things then this would lead to a ridge, because* ***R****'s father has a* ***must have*** *on planting vegies. I'm responsible for avoiding a potential ridge.*

Thursday 19/8/99

16.5.2

a) visualize giving desirable possessions to another
b) visualize another giving desirable possessions to you
c) visualize another giving desirable possessions to others

T - *Continued this process from yesterday. I've been thinking what is a desirable possession to me because almost anything can be replaced that's physical. I suppose some desirable possessions are non-physical. The most desirable possession I have is knowledge.*

Mon 23/8/99

R - *Awoke about 3am and had a realisation about a process to address reality - `Get the idea others agree about ____' and `Get the idea others disagree about ____'. On train this morning I ran it on mest*

versus my own reality and realised EVERYTHING has been done/made/put here without my agreement and experienced houses, buildings, etc. as if for the first time. Later, completed ***Must Have*** *processes on `Winning tickets' and began processes on `Levitation'. 10 pages of answers with good results.*

Monday 23/8/99

16.6 Love and Admiration

The desire for love and admiration is very basic to a being. Desires for fame and/or respect can also be run here.

16.6.1 Mockup a way to waste love and admiration.

T - *To some degree love is wasted on a person who has a reactive mind and doesn't want to be responsible for his/her actions, because it's a continual minefield.*

16.6.2

a) visualize giving love and admiration to another
b) visualize another giving love and admiration to you
c) visualize another giving love and admiration to others

T - *People like John Travolta giving love to others through their work, or what they think other people will appreciate and enjoy. I can see how love and admiration go hand in hand (in this particular example). Because of the love flowing from someone like Travolta, then admiration is provided in exchange/return.*

16.6.3

a) What could love or admiration be a substitution for
b) What could substitute for love or admiration

T - *The desire to be loved or admired could substitute for love or admiration. Actually the whole CDEINR scale could substitute for love or admiration (or anything else).*

Tue 24/8/99

R - *Did more general `Not Know' on the train to work with a number of realisations:*

* *Much TR0 was done at Not Know though I didn't know it back then when I did so many hours of it.*
* *Much meditation occurred `there'*
* *I had a* ***Must Have*** *on Know and* ***Can't Have*** *on Not Know*
* *People are punished for Not Know (Ignorance)*
* *Realised Not Know was also referred to as `chaos'*
* *Tarot card `The Fool' reflects Not Know*

Wed 25/8/99

Further Not Know on train this morning, got through effort band with it and:
** Experienced it as ability to `spot' things but upscale from Looking*
** Saw how it would lead to Know*
** Recovered a childhood memory where I'd operated at Not Know*

Friday 27/8/99

16.6.4

a) What love could you accept
b) What love could you reject

and then also run

a) What admiration could you accept
b) What admiration could you reject

T - *I suppose the right answer is I could accept love from anyone without condition. I could accept a non-physical form of love from people. I could accept some form of religious love if it was beneficial to me.*

admiration

T - *The world is obsessed with looks. I'd rather have David Copperfield's magic ability than Claudia Schiffer's looks, although I can admire looks which are admired by others, such as models, as this is aesthetics and quite high on the tone scale. You're not likely to admire a person because they're ugly, taking drugs, engaging in criminal activities etc.*

Friday 27/8/99

16.7 Other Areas

If there is some other kind of thing that you feel compelled to have but can't seem to get, you can form a set of processes similar to the above to handle it. Fill in the blanks with the appropriate item.

16.7.1 Mockup a way to waste _____

(a good physique) *- my choice of a compulsive item.*

T - *I've realised if I obtained a good physique then what happens? I'm still the same person, I just look better. Doing this could possibly cause ridges with others (especially the unfit staff I work with) who would then see me as being "better" than them. I didn't think of that before. I'm happy to improve my physique but I'm not going to rub people up the wrong way.*

16.7.2 Visualise giving a good physique to another, visualise another giving a good physique to you,

visualise another giving a good physique to others.

T - *The only way someone knows they have a good physique is through it being communicated to them (admiration), an affinity expressed, and a reality that everyone agrees with, which equals understanding (the ARC triangle).*

Tuesday 31/8/99

T - *I've been a little bit upset about a friend who didn't telephone me when she said she would, so I did the letter writing process from an earlier self-clearing chapter, and I feel a lot better about the situation, and can end cycle on it.*

Wednesday 1/9/99

16.7.3 What could a good physique be a substitution for? What could substitute for a good physique?

T - *I should be considering my physique on a gradient scale of good. It's not Arnold Schwarzenegger and it's not Chris Farley. Also it has taken me a long time to get to the physique I have through reasonably hard work, so I should also keep that in mind.*

16.7.4 What good physique could you accept? What good physique could you reject?

T - *I can accept sportspeoples' physiques because of the time they've put into their look. I realise (obviously) that if I invested more time, energy, matter and space into my physique I would get an improvement.*

SUMMARY/UPDATE JAN 2001

R - This diary chapter is way too long. *Mainly because there's too much of me, me, me waffling on and on as usual and not enough **T**. Also because I went squirreling off, inventing and running my own processes, leaping ahead to other chapters instead of waiting till we got there in the ordinary course, doing the Levitation Rundown from Super Scio. I thought **T** doing UCP should get a mention because we tried it and had good results with it. Our*
Self Clearing *experience is giving us the most thorough preparation possible for any future clearing project we undertake so there is no question about continuing.*

R *- Mm, thinking of this chapter's title -* ***Must Have and Can't Have*** *- I'd had a* ***must have*** *on being processed (with CoS) which of course was creating a* ***can't have****. I'm just realising Self Clearing totally handled this. I'm even creating my own processes - for myself and* ***T*** *- which work! I'd better stop now because I just keep getting more cognitions.*

(End of Chapter 16)

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Self Clearing Diary

Chapter *17*

`Must Avoid and Can't Get Rid Of'

Our aim is to inspire others towards enlightenment via self clearing

This is the flip side of the MUST HAVE/CAN'T HAVE difficulty discussed in the previous chapter. These are the things that many people feel they MUST AVOID but can't seem to get rid of. When we were handling something that a person Must Have, we had to begin by wasting it to reverse the stuck flow on trying to get it. Once that is knocked out, then we run general processes of accepting and rejecting it to stabilize the person so that he doesn't start the whole mess over again.

For something that the person is trying to get rid of which wouldn't go away (and almost seems like he is pulling in on himself), the first process has to be the exact opposite. Since he is compulsively avoiding, he must mockup ways to have more of whatever it is until the stuck point dissolves. Then we do the rest of it exactly the same as we did for a Must Have because the remaining steps get the person to a point where he can accept or reject at will without compulsion. Refer back to section 15.1 in the previous chapter for general information on doing these processes. Again we will work over some common things that people are often avoiding.

The Pilot's Self Clearing book - *Chapter 17*

Tuesday 31/8/99

R - *Before beginning this chapter I had to acknowledge the latest win I'd experienced - the ability to be cause and effect at the same time. It's like the distance (and therefore time) disappeared from the cause-distance-effect equation, or I could be both thetan and body at the same moment, although both were quite separate. Interesting.*

17.1 Drudgery

Here we are looking at the flip side of desirable work. This is the stuff that the person doesn't want to do and is not interested in doing but is made to do by whatever circumstances. And the more he tries to avoid it, the more it seems to seek him out.

17.1.1 Mockup a way to have more drudgery.

R - *Today did processes **17.1.1** through to **17.2.1** with usual fantastic results. The idea of directly processing `pain' just blew me away.*

Wednesday 1/9/99

***R** - Huge win re annoyance due to noise from someone's `personal' stereo player. Deciding (yet again - it's not worked previously but I keep trying) to adopt a winning attitude, be cause instead of effect, it became a game which I tried yet again to `win'. However, it remained impossibly `tough' and I continued bouncing from cause to effect. With that it struck me I MUST have done something similar to others to be suffering so much myself. Suddenly I recalled a cycle as a psychologist scientist testing people's tolerance of various annoyance factors including noise/music.*

THAT was the answer! FINALLY I knew`why'. I saw I had deliberately inflicted this type of thing on others and myself (testing endurance levels, etc. in the name of psychology or science in some long lost past).

*I'd been trying to resolve this problem ever since Walkmans, etc, came on the market. The win only became possible following results from **SC chapter 17 (Must Avoid and Can't Get Rid Of** - processing `pain'). The mental pain and distress was compounded by countless losses trying to `handle' it previously.*

*The `past life' recall is not the important point here. I (and many others) do that routinely. My partner (**T**) rarely `goes track' yet is equally happy with her results running the exact same processes. The important thing which we continue to prove (after 18 months of **SC**) is these processes are dynamite for both new AND advanced people. No meter, no expensive `professional auditing', case supervision, rules, conditions, red tags, ethics, harrassment, etc.*

Thursday 2/9/99

***R** - Another big win. They continue to occur routinely between sessions. Today's win occurred after someone thanked me for wiping up a small spill in a tea room, saying I was well trained. I got that it was a compliment. Later I suddenly GOT that basically there are only TWO types of people - those that improve situations and those that worsen them. I had thought there was a third category - those who do neither. But it's a FACT that conditions do not improve by themselves and it's a fact that conditions DO deteriorate by themselves. For instance the pyramids continue to deteriorate despite the best efforts to preserve them. That's the nature of this universe. So if a person is not actively improving conditions then he is actually helping to worsen them. The `fence-sitter' is actually being suppressive.*

17.1.1 Mock up a way to have more drudgery

Friday 3/9/99

***T** - I realised that for me havingness equals drudgery (job, house).*

17.1.2

(a) visualise imposing drudgery on another
(b) visualise another imposing drudgery on you
(c) visualise another imposing drudgery on others

***T** - I realised that drudgery for others is something which is perceived. What I think is drudgery for me doesn't mean it's drudgery for someone else. It's only drudgery if it's communicated and acknowledged by*

the individual.

17.1.3

(a) What could drudgery be a substitute for
(b) what could substitute for drudgery

Sunday 5/9/99

***T** - To me a substitute for drudgery is being cause. If something feels like drudgery one has to be able to confront it and deal with it.*

17.1.4

(a) What drudgery could you accept
(b) what drudgery could you reject

***T** - I accept drudgery when I don't have any choice, and I try to make the best out of it. I can reject drudgery which is someone else's (enforced drudgery).*

Tuesday 7/9/99

***R** - Did about an hour of UCP (Universal Clearing Process) this morning with nice result. (I use UCP regularly as a sort of `Havingness' process between SC sessions). This morning I noticed I was looking to the left when viewing past incidents, and looking right to view future ones. It's a well known phenomenon in psychology that (most) people's eyes look left when they think of past incidents and right for future incidents and I've known about it for years. As I noticed myself doing it today I saw my `life' as a length of film stretched out before me. I saw that `I' was quite separate from it, `not that', resulting in exteriorisation from the physical record of my existence (time track) for a short time.*

Later did further processing on `pain' with excellent results/realisations including:
** Seeing how painful emotion is generated by holding onto a viepoint/reality too strongly*
** How charge/painful emotion generates when one is prevented from returning a received flow of pain*
** Increased understanding of the mechanics of clearing re terminals and charge*
** Recalled a big `loss' in karate when I returned a flow to my instructor knocking him down. (He was tough and scary, his specialty was breaking baseball bats with his shins). At that time I felt I'd `lost' as the rules said not to make contact and I hadn't wanted to. I now see that he'd forced me to retaliate, unblocking a stuck flow. Twenty years later, thanks to Self Clearing, I can now have that win.*

17.2 Pain

Most people do not like pain. In trying to avoid it they often encounter more. So let's handle this.

17.2.1 Mockup a way to have more pain.

Wednesday 8/9/99

T - *I can understand how people are into extreme sports. It's as if they've transcended regular pain (eg torn muscles, broken bones) and they've brought fear into the equation, with the possible outcome of pain.*

17.2.2

(a) visualise giving pain to another
(b) visualise another giving pain to you
(c) visualise another giving pain to others

T - *I realised that pain I experience is my pain and my problem, not the other person's, and for me it's usually psycho-somatic.*

17.2.3

(a) what could pain be a substitution for
(b) what could substitute for pain

T - *A substitute for pain is an engram, a picture containing trauma, baggage which we carry around constantly as a benchmark on how to behave and what not to do.*

17.2.4

(a) what pain could you accept
(b) what pain could you reject

T - *I can accept pain with the proviso of anaesthetic. I think it's funny that anaesthetic is slight pain used to confuse the body into not accepting greater pain from surgery. I also realised that a lot of out of body experiences happen during surgery. The body is accepting the pain due to the anaesthetic `deadening' it, however the spirit gets out of the body, rejecting the pain momentarily.*

17.3.1

Mock up a way to receive more criticism

T - *To receive more criticism means a slide down the tone scale. You're not going to be criticised if you look stunning (aesthetics) unless it's a tall poppy syndrome, whereby you'll receive more criticism if you're famous.*

17.3.2

(a) visualise criticising another
(b) visualise another criticising you
(c) visualise another criticising others

Friday 10/9/99

T - *I realised that my be/do/have is so aberrated that I have to criticise other people's. A prime example of criticising others occurs in the media, and it's easily accepted and used as a benchmark by others (eg film critics determine what we view).*

17.3.3

(a) what could criticism be a substitution for
(b) what could substitute for criticism

T - *Criticism is a substitute for my own reality or inability to deal with it (**R** refers to this as jealousy).*

*(**R** - Whoops - sorry about the evaluation!)*

17.3.4

(a) what criticism could you accept
(b) what criticism could you reject

T - *Technically I accept all criticism directed towards me (you can't avoid it). Also criticism is such a hard thing to accept. I realised if you accept someone else's criticism you're also accepting their withholds.*

17.3.5

Now mockup crowds of critical people around you. Push them into the body and throw them away as in 15.1.5.

T - *Whilst pushing in somebody from work I got the feeling that they're very much like me and able to fit inside me wholly. Perhaps also I see myself as a sort of `nothingness' and let people pass through me easily.*

17.3.6

Now close your eyes and imagine that you are looking down at a large city as in 15.1.6. Spot activities involving criticism. For each one, reach down and connect to it, and then disconnect from it. Continue this until you can reach and let go of these easily without any flinch at connecting to them.

T - *I think I'm okay with reach and withdraw because I don't normally get involved with the stuff of others. I also though of how critical my mother is and how I don't get sucked into her tirades about people.*

17.4 Aggravation

Another thing that we often try to avoid and can't seem to get away from is aggravation.

17.4.1 Mockup a way to receive more aggravation.

T - *I felt that by knowing things I can receive more aggravation. An example of this is when my mother last year told me not to come over for Christmas, as she didn't feel like spending it with anyone else. I then found out that my brother and his wife visited her.*

17.4.2

(a) visualise aggravating another
(b) visualise another aggravating you
(c) visualise another aggravating others

Monday 13/9/99

T - *I realised that aggravation doesn't have to take a direct route person to person (eg verbally). It also doesn't necessarily mean that something has to happen (something could be forgotten or omitted). The example I came up with is* ***R****'s mother being aggravated by the neighbour's dogs. It is the neighbour aggravating her through the dogs. However* ***R****'s mother does not communicate her aggravation to the neighbour, therefore it continues.*

17.4.3

(a) what could aggravation be a substitution for
(b) what could substitute for aggravation

Tuesday 14/9/99

T - *I realised that aggravation is a substitute for knowingness, which I didn't realise earlier in this chapter. Take the East Timor crisis. The rebels aren't tertiary-educated and they think that violence is the answer because they can't get what they want. It's not the university-educated politicians who are at the forefront of the protestations.*

17.4.4

(a) what aggravation could you accept
(b) what aggravation could you reject

T - *I realised that (like with other things) there's a scale of aggravation. Everyone has a line, and when it's crossed then the rejection will begin.*

17.4.5

Now mockup crowds of critical people around you. Push them into the body and throw them away as in 15.1.5.

T - *I can see how TV/movies focus on people gaining power from others, which is what I got (a huge coming together of aggravation being blown off). It reminded me of Juvenal healing people in the movie*

Touch. *It would be nice to blow off the aggravation of others. Similarly with pushing people away (a bit like what* ***R*** *says you can do in aikido).*

17.4.6

Now close your eyes and imagine that you are looking down at a large city as in 15.1.6. Spot activities involving aggravation. For each one, reach down and connect to it, and then disconnect from it. Continue this until you can reach and let go of these easily without any flinch at connecting to them

T *- I find that I see daily aggravation at work. I can reach and withdraw on it, depending upon its importance. I try to remain fairly neutral and not easily aggravated. I came up with imagining a football match and a war zone. It helps to be able to see both sides to a situation, but not many people are skilled in doing that.*

17.5 Other Areas

This can be used for other things that you are trying to avoid. These could be things such as bills or punishments or whatever. Fill in the blanks with the appropriate item.

17.5.1 Mockup a way to have (receive) more _____.

T *- I thought of the area of boors (or boring people). I ran the processing as I have through the other items in the chapter until I reached a flat point.*

Wednesday 8/9/99

R *- Awoke this morning realising the import of a recent conversation with a friend. He'd asked for my opinion (viewpoint) on something and I provided the one he was fishing for. Now it suddenly occurred to me he'd needed my agreement to build a new reality he already had in mind. I've known `reality equals agreement' for many years. Now I understand it further as `reality equals agreement of viewpoints'. This being a `two terminal universe' then two viewpoints/terminals are required to build or change a reality. But it wasn't really necessary for him to get my agreement. He could just go out and do what he wanted.*

Doing UCP (Universal Clearing Process) later the above understanding expanded and I realised why I liked computers. It's easy to start/change/stop (control) things (realities) on a computer - the colours, the fonts, programs, print stuff, etc. You can't change people so easily. They won't do what you want them to, they hold erroneous, illogical, unfounded beliefs and opinions, fail to grasp obvious ideas, (held down 7's) etc.

Wednesday 15/9/99

R *- Gosh, a week's gone by since my last entry. I continue to do hours of SC on most weekdays but I no longer type up all the results. I'm now up to process 17.2.4 . Monday did 12 pages of answers with great wins but wanted to take it further. So yesterday did another 11 pages and was rewarded with a very nice result/s worth mentioning. The process led me through a case layer of aggravation caused by bad communications, then through a layer of opposing realities (agreements), into a layer of conflicting spaces (just being in dad's space irritated him, etc), all of it major cognitions stuff.*

I even spotted the first time I had `become' mest and realised affinity is that manifestation. One IS the space.
The being/thetan identifies with an area of space, thus setting the scene for games/conflict with others. I saw how
this was in opposition to the idea of `co-existence of static'. THIS was the foundation/earlier similar to being
bodies, being objects, etc, which came much later. I felt the process was starting to bite and I continued.

THEN I spotted my brother. And suddenly I saw where ALL the aggravation with him this lifetime stemmed from. I'd previously recalled an early track (thetan v thetan period) game of Hide and Seek resulting in a number of wins and realisations. This time however as I observed one of the players disrupting the game I suddenly realised it was my brother. This was EXACTLY the behaviour he'd manifested throughout my childhood this lifetime. ALL the upsets were explained, including his accidents (broken arms, sliced-off finger). HE HASN'T CHANGED!

But I wanted a `why' so I continued the process. Suddenly I got an earlier beginning. Prior to the game he was (postulating being) alone in his `space' and I came along and lured him out with the promise (postulate) that `games are fun'. That still IS my current attitude to life. NOW I saw his attitude (postulate) starkly opposed to mine. The shocker is it STILL IS. He hasn't changed one iota. Fortunately Self Clearing has allowed me to change.

This was my first experience/reality of an `opterm' (opposing terminal). This conflict has continued for eons and would continue forever but for this process exposing it. I am very blown out. Thanks to LRH and to the Pilot.

***R** - Many apologies for not keeping this diary up to date. **T** and I began ninjutsu last week so it could fall even further behind. Still - you could always re-read everything from the beginning :)*

[End Chapter 17]

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Self Clearing Diary

Chapter *18*

`Cause'

Our aim is to inspire others towards enlightenment via self clearing

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Using The Pilot's Self Clearing book - Chapter 18

Tues 14/9/99

18.1 Willing to Do
(a) What would you be willing to do? (b) What would you be willing to have another do? (c) What would you be willing to have others do?

T - *I realise that willingness depends on one's history/time track. I'm willing to do things conditionally, which won't be time-consuming, damage me etc. I'm still fixed on control, so my willingness regarding anything is fairly rigid.*

18.2 Willing to Reveal
(a) What would you be willing to reveal? (b) What would you be willing to have another reveal? (c) What would you be willing to have others reveal?

T - *I am willing to lose. I didn't realise that before. Life is all about taking risks and playing games, and you don't always win. I think my childhood involved constant losses, so I can understand how that background would mean a `willingness' to lose. It's more acceptable to me than winning.*

18.3 Finding Out
(a) What shouldn't people find out about you? (b) Who would it be safe to tell that to? (c) What shouldn't people find out about another? (d) Who would it be safe for them to tell that to?

T - *I think in the 90s almost everything is acceptable to be found out. People thrive on the secrets of others. Some people don't want to find out about that of another because they can't deal with (eg* ***R*** *telling his mother that self-clearing has stopped my depressive behaviour).*

18.4 The Body

T - *I have an obsessive can't have on my sexuality because I've rejected what I see when I look in the mirror. People use their body as a weapon (headbutts, fists, kicks, biting). This behaviour still goes on*

(either games or on the street) even though technology is so advanced. It's a basic reaction. The body is still basic. It hasn't advanced (neither has the mind, it's still limited).

Mon 20/9/99

18.4.3 (a) What would you permit another or others to do with their body? (b) What have you kept another or others from doing with their body?

T - *I have prevented guys from being close to me. I have an obvious track history in this type of behaviour, not really being responsible for the feelings of others. On a daily basis I feel compelled to control bodies, especially when out walking. I used to be a compulsive conversation stealer, but now I'm ore a sounding board for other conversation stealers.*

18.4.4 (a) What could you let others find out about your body? (b) What have you kept hidden about your body?

T - *I realised that I've kept hidden the fact that my body is not as good as it appears, but I'm quite happy for others to form their own reality on it.*

18.4.5 (a) What could another or others safely let you find out about their bodies? (b) What have another or other kept hidden about their bodies?

T - *I worked on this process for a couple of days. I was happy with the responses but no big wins. `Celebrated' another birthday with my family, which is always a test of my emotional strength.*

Tues 21/9/99

18.5 Sex
18.5.1 (a) What have you done involving sex? (b) What have you kept yourself from doing involving sex?

T - *I realised I've committed overts involving sex in previous lives, which has spilled over into this one. It's as if the tables have turned on me and I'm suffering because of it.*

Fri 24/9/99

18.5.2 (a) What has another or others done involving sex? (b) What has another or others kept themselves from doing involving sex?

T - *There are so many `sickos' around, people are trying something new because sex is so old. In a way people should be admired for breaking down barriers regarding sex, not despised.*

18.5.3 (a) What would you permit another or others to do involving sex/ (b) What have you kept another or others from doing involving sex?

T - *I permit **R**'s mother to have her sexual hang ups. She chases the doves in our backyard who make*

sexual advances towards each other because she can't confront sex (or anything else).

18.5.4 (a) What could you let others find out about you involving sex? (b) What have you kept hidden about yourself involving sex?

***T -** I have kept hidden the fact that I was touched up when I was in first grade at school. I didn't feel anything and I was confused (and pretty stupid because I didn't touch him up). I realised that numb and confused when I was 7 years old just progressed to when I was 26 and attempting my first sexual relations.*

18.5.5 (a) What could another or others safely let you find out about themselves involving sex? (b) What have another or others kept hidden about themselves involving sex?

***T -** My brother and his wife have kept their sexual relationship hidden. I know my sister-in-law isn't interested in having children so the necessity to have sex for this reason is not present. This means my sister-in-law is also controlling bodies, because my brother may want to have children (but he won't reveal this either).*

18.5 Family
18.5.1 (a) What have you done involving family? (b) What have you kept hidden involving family?

***T -** Two of my main traumas this lifetime are due to my family (I split my lip and I had a really bad 9th birthday party). Both of these incidents happened because of my older brother. I now know why I laughed when I saw **South Park The Movie** recently and Cartman said, "I hate you, Kenny." Cartman hates Kenny because he's poor. I don't like my family because they're poor in the things that I want (respect, responsibility, understanding, intelligence, spirt).*

18.5.2 (a) What has another or others done involving family? (b) What has another or others kept themselves from doing involving family?

***T -** My father had a drinking problem, which bothered me, as I didn't really come out of my bedroom when I was growing up. I realised that I didn't want to be near him. I just thought I wanted to be on my own. My father didn't realise the consequence of his alcoholism.*

18.5.3 (a) What would you permit another or others to do involving family? (b) What have you kept another or others from doing involving family?

***T -** At my recent birthday `celebration' I hadn't realised that an event where I was supposed To be popular could turn out that I was actually keeping my family from doing their own thing (watching TV, having dinner), even though I don't regard these things as important.*

18.5.4 (a) What could you let others find out about you involving family? (b) What have you kept hidden about yourself involving family?

***T -** I've kept hidden the fact that I don't really like **R**'s family. I thought perhaps I just don't like families. They've supposed to have good, healthy connotations and yet most of them are aberrated, and nothing like you see on TV.*

18.5.5 (a) What could another or others safely let you find out about themselves involving family? (b) What have another or others kept hidden about themselves involving family?

T - *Usually people only let you know the good stuff about their family. I realised that being a parent is the ultimate way of controlling bodies. Parents decide to have kids, when, where they will live, what they will wear etc until they're old enough to decide for themselves.*

Tues 28/9/99

18.6 Work

18.6.1 (a) What have you done involving work? (b) What have you kept yourself from doing involving work?

T - *The further my work career goes the less important it is to me. I still put in the required effort but I don't obsess about the outcome. I used to think an experienced lady at work was slack, but now I see I'm the same. You just do the job, you don't become the job.*

Tues 5/10/99

18.6.2 (a) What has another or others done involving work? (b) What has another or others kept themselves from doing involving work?

T - *I've realised that the people at work have decided that this job is it, some also say it's not a young person's job (why, because we're smarter?). They've actually kept themselves from finding another job (whether it's better or worse is not relevant). There are also people at work who have said that if they win the lottery they'll continue to work. To them the job is everything, and is keeping them from doing other things.*

Tues 5/10/99

18.6.3 (a) What would you permit another or others to do involving work? (b) What have you kept another or others from doing involving work?

T - *I realised that if I don't complain about others' behaviour at work it means I'm in* ***agreement*** *with it.*

Mon 11/10/99

R - *Sneezing & sniffling all weekend I knew it wasn't a cold or flu so I decided it must be an allergy. Doing OT touch assist on the train this morning I recalled a TV program last Fri night called The Sacred Mushroom. I suddenly realised I'd ingested it in a previous lifetime. This explained my intense interest in the TV program but didn't explain the symptoms. Continuing the touch assist I got an image of an old man. He had used mushrooms and I realised he'd destroyed his nasal passages through abusing cocaine in that same lifetime. I have read that excessive cocaine `sniffing' destroys nasal passages. At this point my `allergy' symptoms ceased.*

Immediately following the mushroom program (which rehabbed much 60's drug culture knowledge - Timothy Leary stuff, Carlos Castanedas, Crowley, Diary of a Drug Fiend, etc) I had a huge realisation that the `magic' mushroom had enhanced its survival by making itself valuable to man. The program mentioned the mushroom's vast filament root system closely resembling the human brain in design and complexity but infinitely larger. I saw the `magic mushroom' was in fact an organic computer, but not sentient. But when a sentient oganic lifeform (e.g. human) ingests some of it there occurs a chemical connection with the essence/spirit of the plant. It's like suddenly becoming part of a supercomputer with all its resources. If one is not ready or prepared then it's a totally overwhelming experience resulting in various degrees of breakdown of one's own mental resources (psychosis).

Tue 12/10/99

***R** - On train this morning realised many people (friends, family etc) are not up to perceiving `problems'. Their obesity, ignorance, smoking, dramatisations, low tone level/s etc are not open to solution because (unbelievable to those who can confront and handle problems) they are not seen simply as `problems'.*

Wed 13/10/99

***R** - Doing UCP on train and got disturbed by a Walkman which was too loud. Incorporating it into the process I eventually realised the problem on existed in the physical universe because I was only confronting it in the physical universe. The solution lay on the 7th Dynamic. The process in fact took me out of the physical and into the spiritual universe where I could deal directly with the being. A short `conversation' then led to the music volume being reduced.*

Thu 14/10/99

***R** - Produced 8 pages of **SC** results yesterday. The main result was rehabbing the 8th Dynamic realisation of oneness with god, or god consciousness, or co-existence of static, experienced often in the past. This time I realised I'd only experienced it as a present time thing. This time I saw I could have it in the past. I then conceived some past `opposition terminals' as `me' resolving some ancient conflicts. This continued through to today. Significantly I am aware SC is effectively clearing all 8 dynamics. Until this action is completed it seems our individuality/ identity/ego results from an 8th dynamic psychosis (primary overt, original sin?). This caused automatic expulsion from heaven/paradise/garden of Eden/ god consciousness/oneness, etc. Thus began our (separate) existence as individuals/identities/ egos/ others.*

Tue 19/10/99

***R** - Further UCP on train this morning with further results. Realised sayings like `live for the moment' and `stop and smell the flowers' etc. acted as false data for me and I realised what actually worked for me. `Work with the moment' or `work in the moment' is now my motto. Just `being there' is not enough. My motto covers past, present and future, e.g. if a past incident arises then using a process to deal with it is `working with the moment' (because it is now part of the present). Anxiety about the future can also be alleviated by `working in the moment' with it, e.g. with mock-up processing. And of course when life is under control then smelling the flowers or having a few glasses of wine is also `working with the moment'.*

Tues 19/10/99

18.6.4 (a) What could you let others find out about you involving work? (b) What have you kept hidden

about yourself involving work?

T - *No self-clearing for two weeks due to training of another staff member. Did a 12km bike ride yesterday, feel very good. I recently made an error of judgment at work and I realised that I let myself be caught out. I didn't conceal the truth so I didn't come out of it too badly and I don't hold any grudge against the person who found me out.*

Wed 20/10/99

R - *Half-way through last process of* ***chapter 18 Forgiveness*** *and I suddenly realised what `Armageddon' was all about. I'd always thought the whole Nostradamus thing and end-of-the-world type predictions for the year 2000 was very interesting but quite unreal. But subsequent to continuing 8D (god/infinity) realisations with Self Clearing it occurs to me the `final battle' between good/evil could be the end of god's long-running game of Hide and Seek with himself. The `light' (of individuals attaining/regaining awareness that they are (and always were and always will be) in fact god) will overcome/replace the darkness (of those individuals incapable of accepting god consciousness).*

Thurs 21/10/99

18.6.5 (a) What could another or others safely let you find out about themselves involving work? (b) What have another or others kept hidden about themselves involving work?

T - *I realised that you usually keep the bad stuff hidden eg if you're thinking of leaving work or what you really think about someone you work with. I don't really keep work stuff hidden. People find out usually anyway.*

Fri 22/10/99

18.7 Society

18.7.1 (a) What have you done involving society? (b) What have you kept yourself from doing involving society?

T - *I've tried to not conform with society, but it's difficult because you can't avoid it. I suppose, like most of us, we all have problems with society one way or the other (with politicians, public transport, criminals) but not many people want to take the responsibility of confronting society head on. It's people like Martin Luther King who confront society that pay the ultimate price.*

Wed 27/10/99

18.7.2 (a) What has another or others done involving society? (b) What has another or others kept themselves from doing involving society?

T - R*'s mother doesn't want to get involved with society so she spends her day at home, watching TV. She is aware of what is happening in society but is not directly confronting it, or if she does it is always in the company of another person (husband or son).*

18.7.3 (a) What would you permit another or others to do involving society? (b) What have you kept another or others from doing involving society?

T - *I realise that when someone like Hitler comes along it's people as a whole who are permitting this type of behaviour. I feel as though I've kept my 2D from contributing to society by having children.*

18.7.4 (a) What could you let others find out about you involving society? (b) What have you kept hidden about yourself involving society?

T - *I've kept hidden the fact that I don't really support society and that I have a valence which suggests I do support it. In every overt a lie is contained, which is exactly what is happening here. My overt is not supporting society when it appears that I do.*

18.7.5 (a) What could another or others safely let you find out about themselves involving society? (b) What have another or others kept hidden about themselves involving society?

T - *I came up with a person at work who is trying to sue the department, which means anti-society. I have a better understanding of what anti-social means now. It means going against the norm or the majority eg smoking, hurting other people.*

18.8 Thought and Creativity
18.8.1 (a) What have you done involving thought or creativity? (b) What have you kept yourself from doing involving thought or creativity?

T - *I've been able to come up with solutions to problems (such as using an empty tin can to store cooked oil).* ***R*** *indicated to me that this may be a problems release, which I agreed with, upon looking this up in the* ***tech dictionary****. I don't see myself as being that creative (at this point I realised I didn't really know what creative meant, so I looked this word up also). I realised that I don't paint or dance or knit, but that doesn't mean that I can't do these things. It means I choose not to do them.*

18.8.2 (a) What has another or others done involving thought or creativity? (b) What has another or others kept themselves from doing involving creativity?

T - *I suppose the majority of people keep themselves from thinking about both sides to a problem. Society says what is bad (crime, wars) but without these things there would be a lot of people unemployed (judges, lawyers, defence forces).*

Fri 29/10/99

18.8.3 (a) What would you permit another or others to do involving thought or creativity? (b) What have you kept another or others from doing involving thought or creativity?

T - *I've let* ***R****'s father have some creative control over the place with the painting, gardening, etc. It's not really what I want, but it's just material. I've kept* ***R****'s parents from thinking about me in a true way. I'm happy for them to think I'm an angel and I'll bend over backwards to help them, which is not correct, and which I intend to rectify when they visit at the end of the year.*

18.8.4 (a) What could you let others find out about you involving thought or creativity? (b) What have you kept hidden about yourself involving thought or creativity?

T - *I haven't been readily able to communicate my thoughts when I'm angry or upset. This tends to result in the `silent treatment' which I seem to have inherited from Dad. I should put into action `when in doubt, communicate'.*

18.8.5 (a) What could another or others safely let you find out about themselves involving thought or creativity? (b) What have another or others kept hidden about themselves involving thought or creativity?

T - R*'s mother is pretty open with her thoughts (about foreigners, animals, neighbours, the weather, her bad back). She is quite happy for me to know that her thoughts are narrow and her concepts are single layered. I just realised that* ***R****'s mother might be at no effect but her communication is at a higher level than mine. She would be at enforced on the CDEINR scale, whereas I am at inhibited.*

18.9 Other areas (I've chosen God)
18.9.1 (a) What have you done involving God? (b) What have you kept yourself from doing involving God?

T - *It seems real to me that I was one of the masses who decided Jesus should be crucified. I've got major problems in the area of whipping, and Jesus was scourged. I've kept myself from understanding other people's fanaticism on religion. I should be viewing this as being enlightened or concentrating on the highest dynamic.*

18.9.2 (a) What has another or others done involving God? (b) What has another or others kept themselves from doing involving God?

T - *People have become too locked into bodies/havingness/sensation etc, further away from religion/God, which I feel equates to nothingness. We came in with nothing and we leave with nothing.*

Mon 1/11/99

18.9.3 (a) What would you permit another or others to do involving God? (b) What have you kept another or others from doing involving God?

T - *I realised that religious zealots are trying to recruit people because they think that it's benefitting their lives. It's like* ***R*** *and I getting people interested in self-clearing. It's not like we're recruiting for a death cult or something, however people are just not interested in hearing about self-clearing.*

18.9.4 (a) What could you let others find out about yourself involving God? (b) What have you kept hidden about yourself involving God?

T - *I don't agree with the phrase `love one another as I have loved you', or `thou shalt not kill'. Many people are killed in the Bible by God. I don't feel you can have it both ways. The people who think they are abiding by `thou shalt not kill' have probably killed in past lives and think that past lives is rubbish*

because they can't confront what they've done.

Tues 2/11/99

18.9.5 (a) What could another or others safely let you find out about themselves involving God? (b) What have another or others kept hidden about themselves involving God?

T - *I realised that I'm still a bit vague in relation to religion. My answers are a bit glib. I think people keep hidden the fact that they're ignorant regarding religion. I know my family are. They're not looking at word clearing or various religions. I realised that I've got to do more reading/research in the religious/ spiritual area.*

Wed 3/11/99 The General Version

18.10.1 (a) What have you done?

T - *I've got withholds such as pointing out someone else's misgivings and not admitting mine (and they're usually similar). I realised that my 2D overt relates to the fact that I don't really have much interest in my appearance. I haven't really achieved much to give to others. About the only way I've benefitted society is by donating blood, which I haven't done for a long time.*

18.10.1 (b) What have you kept yourself from doing?

T - *I've stopped communicating with a lot of people (more than I thought). I've kept myself from mixing with other people and caring about a lot of things happening in the world. I've been at failure quite often because I've kept myself from following through. Now I think the tables have turned and I'm able to push through the mental barriers.*

18.10.2 (a) What has another or others done?

T - *They've raised their kids similar to their upbringing, usually poorly. It's parents who are contributing to the current problems (over-population, crime, unemployment, welfare cases). I realised that not only does my mother favour my brother over me, but also my grandmother did when she was alive. I didn't notice this pattern before.*

18.10.2 (b) What has another or others kept themselves from doing?

T - *From being informed on various matters and changing for the better. They slow down and seize up. My brothers have kept themselves from understanding me. They don't realise my complexities and just see me as `the sister'. I see them more as people and not really related to me. To me we're related because we're humans. We all come from the one place, so I suppose that relates us all. I realised that because I don't think we're God's `children' is why I don't see myself as being tied to other people or that other people are me.*

18.10.3 (a) What would you permit another or others to do?

***T -** I used to permit **R**'s parents not supporting **R**. This has been a big overt in the past. Now I feel like I don't have to impress them anymore, and I don't intend to.*

Mon 8/11/99

18.10.3 (b) What have you kept another or others from doing?

***T -** I realised that if you keep someone from doing something it's a problem with control. **R** to some degree keeps me from falling back into my old ways (sleeping in, watching TV etc). **R**'s mum kept **R** from havingness, moving from country to country and not being able to keep things. My father kept my mother from being able to relax of an evening, always talking about taking overseas trips.*

18.10.4 (a) What could you let others find out about you?

***T -** I'm quite happy to let people know things about me but the outcome of this is such a grey area. People might resent the fact that I'm fit and healthy because they're not.*

18.10.4 (b) What have you kept hidden about yourself?

***T -** I didn't realise that I have an obsessive can't have on fairness. The more I push it the less I can conquer it. I've got to be able to let things slide and push through nonetheless.*

Tues 9/11/99

18.10.5 (a) What could another or others safely let you find out about themselves?

***T -** I realised that fat people are obviously revealing that they have a problem with food and/or motivation to exercise. They are self-inflicted victims for all to see, and yet we're expected to respect them and their problems (magazines and TV shows embracing large people). This also goes for those with obvious physical problems (the disabled etc).*

18.10.5 (b) What have another or others kept hidden about themselves?

***T -** I realised that people aren't necessarily hiding things, it's the fact that other people aren't seeing things or don't have enough knowledge/awareness of what is going on.*

18.11 Forgiveness of Past Existence

(a) What terrible thing might you have done?(b) Imagine being forgiven for that.

***T -** I realised that, feeling as though my last past life was spent as a homosexual, I'm just bringing forth that overt on society into this lifetime. I was probably treated as a pariah and now I have no wish to be part of society's feeling on things. Irealised that I have a vague perception of what forgiveness is and I don't believe that forgiveness is something which is readily given/available (I think it occurs when someone has done something heinous).*

(c) What terrible thing might another or others done?(d) Decide (as best you can) that you forgive them for that.

T - *I'm pretty sure I've been flogged, but obviously I need to be responsible in that situation for whatever I might have done. It's possible that anything one can imagine could have been done to me, something along the lines of* ***Hellraiser****, the novel/movie of Clive Barker. I feel that there has to be responsibility on my part for what has taken place in past lives. Whatever indiscretions have been done against me in previous lives I've performed three times as bad in return. I feel like I'm needing to forgive people on a daily basis for their behaviour (swearing, bad behaviour on public transport etc) as I assume more responsibility.*

(e) What terrible thing might another have done to another or others?(f) Imagine that their victims have forgiven them for that.

T - *I realised that one of us had to be Hitler, one of us had to be Genghis Khan etc. I think the most terrible thing that has been done is to the vast reproduction of mankind. It perpetuates aberration without solving it, for selfish reasons. People have children, expecting them to be perfect, letting them run rampant and not accepting responsibility for them. Isuppose people have `forgiven' others in the way that they suffer and then exact revenge - karma. It's hard to believe people when they say they've forgiven someone after a heinous crime. I feel that if I don't have children it means I won't have to raise someone who'll need to forgive me for putting them into a situation that they didn't want. I suppose that suicide is the ultimate showing of the inability to forgive the parent (especially teenage suicides).*

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Self Clearing Diary

Chapter *19*

`Overts, Motivators and Withholds'

Our aim is to inspire others towards enlightenment via self clearing

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This pattern of committing unmotivated Overt acts and then receiving subsequent Motivators where the same harm happens to oneself is called the Overt-Motivator sequence and is, to all intents and purposes, the actual mechanism of the Karma that is described in eastern practices. But we have a higher view of this mechanism, namely that the karma is not imposed from outside. The person imposes it upon himself.

Using The Pilot's Self Clearing book - Chapter 19

Thursday 2/12/99

***T** - Before beginning the chapter I decided to write up some overts/withholds on **R**, his parents and my mother. With my mother my bigget overt has been aberrated communication. It has been at inhibited or lower on the CDEINR scale since I can remember. I haven't been able to communicate difficulties I've had with her and the overts persist as I haven't taken enough responsibility. Regarding **R**, I've made him believe that I can change and improve but I don't know whether I can. Regarding **R**'s parents, I haven't accepted them as going hand in hand with **R**. I don't have affinity for them as I'm not willing to share the same space as them.*

*(**R** - Update December 2000. **T** does change and improve. She achieves **Clear** in chapter 22).*

Friday 3/12/99

At basic, reality is nothing more than a shared illusion projected by the spirit

19.1 (a) Recall a time that was pleasant both for you and somebody else
(b) Run through the experience from their viewpoint, trying to feel how they might have felt

***T** - I realised that I've inspired people to become frustrated because of my slack attitude, inability to solve my own problems and strong views.*

Others' Sensations

19.2 The drill is to feel and experience things from other people's viewpoints

T - *(not performed at this time)*

Karma

In actual fact this mechanism is not helpful and does not even improve one's morality. The balancing retribution generally strikes at times so far removed from the original overts that no learning or improvement in behavior takes place.

If you have any qualms about undoing a mechanism of retribution, please realize that you will get much better behavior from somebody who can experience things from other's viewpoints than you will from somebody who has been browbeaten by a mechanism which never did work properly.

19.3 (a) Visualise a time where you harmed someone (b) Run through the experience from their viewpoint, trying to feel how they might have felt

T - *My viewpoint of some harmful things I've done is that it was done accidentally. I've realised that when I was growing up my self-control and responsibility was poor. I'm now trying to make up for it, taking more responsibility. I also feel that if I hit someone in ninjutsu class they should hit me back with equal force (similar to that martial art theory about being sidelined for the same time as the person you've injured).*

19.4 The Victim's Side

This non-confront and pulling in of the opposite side can also happen to the victim. People often dramatize what was done to them by doing it to others.

T - *I felt like in this process I was getting the actual viewpoint of the other person, not a mock up. I can feel the anger, shock, frustration etc together with their track and mine.*

19.5 More on Overts

Now for any area where you are having serious difficulty or getting into trouble, check whether there is some harm that you have done and release it using the process given in 19.3 above.

Note that this is not the only reason that things happen to you. All undesired effects are not due to your karma coming home to roost. And it is not the only reason for difficulty in an area.

But if trouble is persisting despite your efforts to confront or handle it, this is one of the prime candidates.

T - *Didn't feel that this was an area which required special attention. Covered overts before I started the chapter (see top of page) in some depth to get a bit of charge off.*

19.6 Withholds

In withholding things, the being restrains his own actions and cuts down his horsepower...

Get a stack of paper and start writing confessions. Do it in explicit detail. Address them to people or groups that you are withholding things from. Cover anything that you might be withholding from anyone. Especially misdeeds, but even things that you think are justified or for other people's good.

Continue until you feel that you have really told all and are hiding or withholding nothing. You should have a feeling of having opened up completely and purged yourself. Confession is good for the soul.

Then burn them.

Commenced 3/12/99, completed 26/12/99

T - *Numerous withholds written up. A big one was when I stole a Santa soap with my younger brother. This may explain when I don't like Christmas. Years later I stole a pair of earrings from a shop and gave them to a girl at school as a Christmas present. I felt justified because I didn't have any money to buy good presents.*

19.7 - The Missed Withhold

If a withhold is nearly discovered, it is stirred up. And if you are uncertain as to whether or not it has been found out, that stirs it up even further. In these cases, the withhold is said to have been missed. Somebody almost found it out (or did find out but you are not certain) but missed it. This can cause one's attention to fixate. It is one of the most troublesome phenomena in this area.One may become critical of the person that missed it. This is not the only reason for criticism, but it is a common reason. One is trying to make less of the other person's judgment and credibility because they might reveal one's misdeeds.

Take note, if somebody suddenly becomes highly critical of you without apparent cause (you didn't just wreck their car or something), you might just have missed some hot withhold of theirs. If so, your best course is usually to try to second guess it and attempt to make it safe enough for them to actually tell you.

T - *After not being invited to spend Christmas with my family I realised that it was my sister-in-law's withhold that I had missed. When I sent her an email afterwards as to why I had not been invited she became very critical and defensive. She implied that I was blaming her parents for not inviting me, which wasn't the point at all.*

To clear a missed withhold, begin by writing out what you did, including the exact time and place and what was done and anything else you are withholding about it. If there was direct harm to another, also confront their viewpoint as discussed earlier.

Then spot who missed the withhold and what they did that missed it. Repeat this, spotting who else missed it until the charge is relieved.

If you can't get it to release, then look for an earlier similar missed withhold.

As mentioned in the previous section, once the charge is really gone you shouldn't have to tell the person but it might be optimum to do so. Get rid of the charge first, because the presence of charge destroys your judgment. After it is gone, take a sane and sensible look at the matter both from your viewpoint and from theirs and evaluate what would be the optimum action.

SUMMARY

***R** - We're writing this page up in December 2000. Because **T** goes **Clear** in **chapter 22** I no longer see a need to detail my personal wins. I want to keep the focus on **T's** gains because they prove the Pilot's Self Clearing book `works' on `new' people. Experienced practitioners may see numerous `errors' throughout this diary. I could easily produce a Folder Error Summary for either of us and probably would have if **T** had not attained Clear. The major factor in choosing Self Clearing was to minimise the need for help outside that contained in the SC book itself.*

I attained Clear and OT with COS years ago but remained very dependent on the church. Self Clearing has considerably enhanced my confidence and abilities. As usual, doing this chapter produced numerous insights for me across the dynamics. One process led to seeing a history of KRC X's - breaks in the triangle of Knowledge, Responsibility, Control. Another one led to seeing how I'd crashed/ruined entire dynamics by opposing them. Another process revealed this gem - `To survive is to keep small and quiet'. Another one led to realising medical operations use force to get compliance on the fifth dynamic (bodies). It's called surgery.

My interest in this chapter faded towards the end as I got extremely interested in raising kundalini. I bought books, did various practices and will write results into the diary at a suitable point, if I succeed. I `squirrel' as long as it doesn't interfere with the Self Clearing (e.g. here are results from doing Electra's Justification Process)

Meanwhile we need to get other diary chapters written up, updated, posted, etc. Thanx for joining us.

(Stay tuned for more!)

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Self Clearing Diary

Chapter *20*

`A Step Further Out'

Our aim is to inspire others towards enlightenment via self clearing

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Here we are going to try and take a step further out of the struggle and conflict that is often the anatomy of life.
But the idea here is not to disconnect and turn your back on things but instead to move up out of the mud into higher levels of beauty and interest.

The Pilot's Self Clearing book - Chapter 20

Monday 27/12/99

20.1 The process is to close your eyes and spot places where you are not. Spot many many places.

This is to some degree a trick question because in checking that you are not somewhere, you tend to look at it and you will find that your exterior perceptions improve as you do this. But this drill is also practicing truth, because you were never really located anywhere in the first place. Its only a game that beings play, pretending to be in the locations where they perceive or operate.

Continue this until you feel that you are exterior

T - *I realised I'm not in other places only because I've put restrictions on what I can do, whether it be matter, energy, space or time eg I'm not at my mother's house becuse I choose to be in my own house, I'm not on an overseas holiday because I don't like living out of a suitcase. At this stage I have a barrier to exteriorisation which only I can deal with.*

Wednesday 29/12/99

20.2 Attacking

Look around a large city or populated area using an exterior viewpoint. Alternate these commands, spotting a few people on each one before going on to the next one.

a) Spot some people who are not attacking you
b) Spot some people that you are not attacking

c) Spot some people who are not attacking each other

T - *I feel as I've become older the circle of attack just gets bigger and bigger. People are in constant attack as a form of self-defence. It's like being blindfolded waving a big stick to get people out of the way. It's random but required (we think) for survival. I don't attack those who don't form part of my immediate circle.*

20.3 Hatred

Look around a large city or populated area using an exterior viewpoint. Alternate these commands, spotting a few people on each one before going on to the next one.

a) Spot some people who do not hate you
b) Spot some people who you do not hate
c) Spot some people who don't hate each other

T - *I realised that I'm getting consumed by hate towards people. As I realised earlier today, it's hard for me to just accept things, I want to constantly ridge against it. If I just accept that my family is as it is maybe I'll have less resentment. I've got to accept that they're the only ones who can change themselves.*

Thursday 30/12/99

20.4 Orders

(a) Spot some people who are not giving you orders
(b) Spot some people who you are not giving orders to
(c) Spot some people who are not giving orders to others
(d) Spot some people who are not receiving orders from others
(e) Spot some people who are not giving orders to themselves

T - *I realised that for me "order" has a bad connotation, like it's being put at effect, which I thought was bad. Without order there would be chaos.*

20.5 Beautiful Things

(a) Spot some things that are beautiful to look at
(b) Spot some things that another would find beautiful to look at
(c) Spot some people who are looking at beautiful things
(d) Spot some people who are showing others beautiful things

T - *Things are designed to be beautiful as a trap to keep us needing them. Poker machines have flashing lights and noise and colour. A beer has a light colour and bubbles. Clothes are bright and noticeable. I've realised that salespeople are only interested in their first dynamic and will try to make a sale no matter what. By the same token, people are gullible and easily sucked in by beauty. if we didn't have a need for it it wouldn't exist. That's why there are supermodels and most actors/actresses these days have to look attractive as well as pretend to be someone else.*

20.6 Safe

(a) Spot some places where you would be safe
(b) Spot some places where another would be safe
(c) Spot some places where your body would be safe
(d) Spot some places where others bodies would be safe

T - *It's as though all the things I came up with (such as behind walls/doors/fences) can only keep the body safe temporarily. Eventually one has to venture out into the world and that's when safety becomes an issue, although it's something that few people consider except police, security guards, parents etc.*

Saturday 1/1/00

20.7 Games

(a) Spot a desirable game
(b) Spot an undesirable game

T - *I realised that anything below Desire on the CDEINR scale was "undesirable", such as enforced communication, making someone else feel inhibited, no intention to listen or understand, refusing a child permission to do something.*

20.8 Games

(a) What game would you be willing to play
(b) What game would another be willing to play
(c) What game would you be willing to let another play

T - *I've realised that now I've decided to stop ridging and accepting things I'm willing to play games associated with that ie I'm a participant in someone else's game instead of being in my own aberrative game.*

Saturday 8/1/00

20.9 Inventing Games

(a) Invent a desirable game
(b) Invent an undesirable game

T - *One of my responses for (b) was "doing the opposite of what everyone else is doing". This is the same as victim status and I've been guilty of this in the past, usually as a way to get attention or due to my reactive mind.*

Wednesday 26/1/00

20.10 Goals

(a) Think of some goals you do not have
(b) Think of some goals that others do not have
(c) Think of some goals that you don't have for another person
(d) Think of some goals that another person doesn't have for you
(e) Think of some goals that another person doesn't have for others

T - *I realised that there's goals to have and have not happening on both sides of the equation. I may have a goal to be wealthy and* ***R*** *has a goal to spend money and have things. I have a better understanding of GPM now.*

20.11 More on Goals

(a) Think of a desirable goal
(b) Think of an undesirable goal
(c) Think of a goal that others would find desirable
(d) Think of a goal that others would find undesirable

T - *We're caught up in a desirable goal of winning and we've taken that to extremes, where being a freak is a good thing, violence, acting awards, beating someone to get on the train. Life is all about competition, which is why sport plays a big part.*

Saturday 29/1/00

20.12 Emotions

T - *I had to look enthusiasm up in a dictionary. Realised that it is something I can mock up although I am not often enthusiastic. I found the lower levels easier to mock up and reach and withdraw and several of my mock ups were emotions of children, which I feel in sync with. It helped to have a good attitude today towards the self-clearing.*

20.13 Control

(a) What would you be willing to control
(b) What would you be willing to leave uncontrolled
(c) What wuld you be willing to have another control
(d) What would you be willing to have another leave uncontrolled
(e) What would another be willing to control
(f) What would another be willing to leave uncontrolled

T - *I realised that control starts with the first dynamic. It's such a button for me. I feel like I can't control any of the dynamics. This makes me weak and lacking in self-esteem, too worried that I will offend people.*

Sunday 30/1/00

20.14 Awareness

Spot people and postulate greater awareness into them

T - *I felt I had to push my awareness in. It's just a case of the right amount of intention to achieve awareness for others. I felt by recently telling a smoker he shouldn't be smoking in a non-smoking area postulated more awareness. I've done that before with people who carry umbrellas like weapons.*

20.15 Doing Better

Spot people and postulate that they will do better in life

T - *I thought "better than what?" For some people I think they can do better in life without my postulate. If you postulate strongly without losing focus or reacting then it should be possible. I can see how I am capable of influencing other people just by my outlook/attitude. If I postulate that they will do better in life then it follows that I will also, as I will be as high toned as I have made them.*

R - *I haven't written my results here yet because this chapter is written after **T** attains CLEAR in chapter 22 and I wanted to get this posted ASAP.*

(These pages still under construction as at May 2000)

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Self Clearing Diary

Chapter *21*

`Affinity, Reality & Communication'

Our aim is to inspire others towards enlightenment via self clearing

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Affinity (or liking), Reality (or agreement), and Communication form an inter-related triangle that tends to increase or decrease as a unit. The effect is so common that Scientology refers to this as the ARC triangle. As the ARC for something is increased, you will also find that one comes to a greater understanding of it, therefore you will also see the equation ARC = Understanding. A useful technique for teachers is to raise the student's ARC for the subject being studied because they will understand it more easily. The techniques that we discussed in the chapter on study are actually built on this idea of increasing A or R or C in the area being studied...

...These factors of ARC could be thought of as flowing or interchanging between beings. People communicate, they like each other, they agree with each other and so forth. Or they break and reject these connections. Sometimes these breaks occur for good reason, but the usual case is that they come about because of mechanics and were neither necessary nor desirable.The problem is in the interrelationship of these factors. A communication is inadvertently cut, for example, and suddenly one is also dealing with dislike and disagreement.

...These ARC breaks are undesirable because the amount of upset is generally out of proportion to the immediate cause.

...And once they are upset, they mishandle things and make mistakes and it all gets worse. Almost inevitably, the advice given to an upset person is that if they would only calm down, things would get better. But in everyday life, this is usually accomplished by suppressing the upset instead of confronting the factors involved. This leaves buried charge which can again be triggered.

...This buried charge weighs one down and makes life miserable. It dissolves on spotting the underlying moments of enforcement or inhibition of A, R, or C that triggered the upsets, especially if one spots the first time that it happened in this lifetime or even earlier, because later occurrences can hang up on the earlier times...

The Pilot's Self Clearing book - Chapter 21

Thursday 3/2/00

21.1 Enforced Affinity

Here we are looking for moments when affinity or liking was enforced. This could include insisting or demanding or any kind of pushiness. These commands are run alternately.

(a) Recall a time when you insisted that somebody like something or somebody
(b) Recall a time when somebody insisted that you like something or somebody
(c) Recall a time when somebody insisted that another like something or somebody

T - *I realised that parents are constantly enforcing affinity on their children, be it choice of religion, where to live, what to eat etc. They're passing on their track and aberrations.*

Next, run this on a personal basis as follows

(a) Recall a time when you insisted that somebody like you
(b) Recall a time when somebody insisted that you like them
(c) Recall a time when somebody insisted that another like them

T - *People that come up to others in the street are seeking affinity, then sometimes the insistence is put in place with enforced communication. We're all seeking acceptance on some level.*

Sunday 13/2/00

21.2 Inhibited Affinity

Here we are looking for moments when affinity or liking was inhibited. This could include denial or rejection. These commands are run alternately

(a) Recall a time when you insisted that somebody dislike something or somebody
(b) Recall a time when somebody insisted that you dislike something or somebody
(c) Recall a time when somebody insisted that another dislike something or somebody

T - *I came up with a lot of responses over two days without a huge win. I decided to press on with the next process.*

Saturday 19/2/00

Next, run this on a personal basis as follows

(a) Recall a time when you rejected somebody's affinity
(b) Recall a time when somebody rejected your affinity
(c) Recall a time when somebody rejected another's affinity

T - *I found it hard to come up with anything from recent times because* ***I've really been able to improve, be more accepting and less reactive.***

21.3 Positive Affinity

Now let's finish this off by recalling some positive affinity

(a) Recall a time that you liked somebody
(b) Recall a time when somebody liked you
(c) Recall a time when somebody liked someone else

T - *I find that I like most people and can deal with them in whatever form they come. I regard this as positive affinity.*

Saturday 26/2/00

21.4 Enforced Agreement

Here we are looking for moments when agreement or reality was enforced. This could include insisting or demanding or any kind of pushiness. These commands are run alternately

(a) Recall a time when you insisted that somebody agree with something or somebody
(b) Recall a time when somebody insisted that you agree with something or somebody
(c) Recall a time when somebody insisted that another agree with something or somebody

T - *I realised that insistence is not the final say in the matter. My track record especially recently with insistence is that I'm not caught up in someone else's aberrative behaviour. The supervisor recently enforced her agreement on getting me to perform a task urgently. I was able to have her come up with a solution when I needed to leave work ie she gave the task to someone else to complete.*

21.5 Inhibited Agreement

Here we are looking for moments when agreement or reality was inhibited. This could include denial or rejection.

(a) Recall a time when you insisted that somebody disagree with something or somebody
(b) Recall a time when somebody insisted that you disagree with something or somebody
(c) Recall a time when somebody insisted that another disagree with something or somebody

T - *The martial art that I'm currently doing is trying to get me to disagree with all other martial arts. I didn't realise that before.* ***I now know why I've avoided groups, teams, classes etc because it's all about control.***

Next, run this on a personal basis as follows

(a) Recall a time when you rejected somebody's reality or you refused to agree with them
(b) Recall a time when somebody rejected your reality or refused to agree with you
(c) Recall a time when somebody rejected another's reality or refused to agree with them

T - *I related this one to the court system. That's why there are so many appeals in court because people can't accept someone disagreeing with them.*

Sunday 27/2/00

21.6 Positive Agreement

(a) Recall a time that you agreed with somebody
(b) Recall a time when somebody agreed with you
(c) Recall a time when somebody agreed with someone else

T - I realised that help is an agreement. *If you offer to assist someone and they accept then an agreement is in place.*

21.7 Enforced Communication

(a) Recall a time when you insisted that somebody communicate with somebody or something
(b) Recall a time when somebody insisted that you communicate with somebody or something
(c) Recall a time when somebody insisted that another communicate with somebody or something

T - *Recently I've been able to enforce communication with* ***R*** *in a positive way eg handling ARCXs and not "hiding" in the bedroom.*

Tuesday 29/2/00

21.8 Inhibited Communication

(a) Recall a time when you insisted that somebody not communicate with somebody or something
(b) Recall a time when somebody insisted that you not communicate with somebody or something
(c) Recall a time when somebody insisted that another not communicate with somebody or something

T - *I've realised that there is insistence to not communicate with someone. I have that with two ex-friends. It's not luck or whatever, it's an insistence and/or avoidance.*

(a) Recall a time when you rejected somebody's communication
(b) Recall a time when somebody rejected your communication
(c) Recall a time when somebody rejected another's communication

T - I realised that a lack of acknowledgment can be considered a rejection of communication.

Thursday 2/3/00

21.9 Positive Communication

(a) Recall a time that you communicated well with somebody
(b) Recall a time when somebody communicated well with you

(c) Recall a time when somebody communicated well with someone else

T - *I realised that one has to be able to give SRAs (Severe Reality Adjustments) or enforce in order to help others. I thought of a time when* ***R*** *communicated with a wino who was smoking on an underground train platform.* ***R*** *did a good job communicating with the man and the man did not became violent, which may have occurred if the communication wasn't satisfactory.*

R *- Again, because* ***T attains the state of Clear*** *in the next chapter I've decided to enter my results into the diary at a later time.*

(These pages still under construction as at May 2000)

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Self Clearing Diary

Chapter *22*

`More on Upsets'

Our aim is to inspire others towards enlightenment via self clearing

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Using The Pilot's Self Clearing book - Chapter 22

Update - Fri 5/5/00

R - *Last night we sent this text file via email to Anthony who contributes so much to the free zone, including doing such a great job monitoring the Self Clearing list.*

It seems we have achieved an important milestone with and for Self Clearing. With this chapter we have proved that Self Clearing produces Clears (surprise, surprise!). We have proved Self Clearing`works' . We understand the goal is clearing all 8 dynamics so our processing doesn't stop here. But we feel we have attained an EP for our Self Clearing Diary. What remains now is to tidy up what we've done, perhaps add some images and sounds (Abba's `Money, Money, Money' for example may provide appropriate ambience for the chapter on money).

*An important factor leading up to **T**'s result was not compromising with our own reality. Following many broken promises to have a look at our diary, check out the Self Clearing book, etc, a good `friend' finally commented I was using Self Clearing as a `crutch'. So we sent this email to her on 6 April. **T**'s wins culminated in her achieving `Clear' soon after, on 14 April. I handled my brother in a similar manner via emails around the same time. Cruel? Wrong? Misguided? Unnecessary? I decided it was necessary, and not before time. Later I realised these actions actually conform to the Code. (see numbers 6 and 12). I wasn't strong enough to do such things before Self Clearing. Currently he lectures in psychology at university and at least one of his children is on drugs for behavioural problems.*

*Here is this chapter's diary leading up to **T** attaining the state known as Clear.*

22.1 The E-Meter

R - *The Pilot introduces the e-meter in this chapter. In the final paragraph he says:*

`If you do have one and know how to use it, then do so by all means, especially on those things that require assessments.'

*Well, I hadn't touched my meter since beginning Self Clearing and sometimes thought I'd never need it again because I was handling everything quite well without one. Also, because I'd been unable to do anything about **T**'s chronic `high TA' over the years I was reluctant to use a meter on her anyway. Besides, we'd both been doing so well without one I didn't see the need to start using one at this stage. However, when **T** claimed she had no current upsets/ARCx to handle anyway, I decided to go along with the Pilot (as usual), and, well, the rest is now history for us.*

22.2 More on the anatomy of upsets

***R** - This chapter provides the information to completely handle any of life's upsets. We read through it and started using it. I had numerous wins (to be inserted here eventually, maybe) but **T** never got off the ground with it at all. When I pressed her on it she insisted she didn't have any current ARCxs anyway and that's why she'd stopped doing Self Clearing. I came up with a fantastic evaluation to counter that. I said EVERYONE has ARCxs so she must be being glib or something, and what about all the things she'd cried about over the years, etc. Neither of us would budge from our viewpoints until we both agreed it might be a good idea to use the e-meter (as suggested by the Pilot).*

Sunday 26/3/00

***T** - Metered by **R** asking what ARCx did I want handled. Had one to do with my puberty and crashing misunderstood words on this subject. I postulated at that time that I didn't want to grow up, which has resulted in me being five foot tall, slim and young looking. This was a good result but my TA was still high. Another ARCx was my inability to relax, which brought down the TA. The earlier similar was my spilt lip occurring when I was about five years of age. Postulates made at the time involved being careful and not wanting to be injured. I had an F/N and VGIs on this.*

Sunday 2/4/00

***T** - Audited by **R** on the meter. ARCx with my brother over mother's current illness. Assessed and went earlier similar to me looking after her while she was ill. Earlier similar to my hospital visit when I had a split lip. The extra questions that The Pilot provides in the ARCx process we found to be very helpful. Earlier similar to my father's death. I realised that my mother is now my responsibility because my brothers aren't that responsible. This was a good win and we ended there.*

Thursday 6/4/00

***T** - High TA again. ARCx concerning a friend of my mother's. I came up with the phrase "she's evil and must be stopped". Earlier similar was me being stuck talking to this lady before. This was assessed as an inhibited communication. This led to the realisation that she should be handled as we'd handled our friend S (with this email). Earlier similar was my split lip and my ninth birthday party. My parents made me invite people I didn't want to. My postulate was I wished my party never happened. This was assessed and I realised that this wasn't the worst thing that has happened to me after all. At the time I'd decided not to have another party. Earlier similar with my lip, enforced reality with doctors hurting me when I thought they were supposed to help. Realised that's why I reacted with medical staff when I took my mother to the hospital recently. They enforced their understanding on me.*

Another ARCx, this time regarding my mother's belongings and me wanting to throw them out. Assessed as inhibited affinity. Decided that "I'm evil and must be stopped". My realisation was that this was a huge problem area. LFBD and VGIs (still high TA). This led to a similar problem area about wondering what it would be like to kiss women on trains. This was when I figured that they were implants because they were not my thoughts.

***R** - Once more the Pilot comes to the rescue. I knew the next step was to have **T** read chapter 38 Entities And Spiritual Fragments because it had helped me brilliantly so far with my own case.*

The proof of the pudding would be in the eating. T had now read about entities but I had no idea what would happen in the next session. I'd never had problems processing my own but I never thought I'd be taking responsibility for someone else's OT case. To really appreciate what happened next I must confess I did NO further study, NO drilling and I haven't thought much about TRs since leaving the church about ten years ago.

Monday 10/4/00

***T** - As soon as we sat down I knew I wanted the implants dealt with. I was feeling very good but I knew I needed this session. I joked about being at "Demand For Improvement", which is quite different from my usual attitude towards self-clearing. I picked up the cans and said there's two things I want handled, (1)"I'm evil and must be stopped", and the thought, (2)"I wonder what it would be like to kiss her". (1)**R** asked me "was it mine or was it an entity's" and I said yes and I was able to locate it as being attached to my mind but I was pretty sure at that time it had gone. I was happy to deal with this entity and relieved that I wasn't losing my mind.*

*The next problem was the thought of kissing women on trains, which I had encountered before. I thought that this could be an entity also as again it wasn't my thought. I located the entity as being attached to my eyes and seeing what I had been seeing on the train. We did ARCx handling on the entity. It told me that it had a break in reality, enforced, and when I indicated that it handled the ARCx. **R** then told me to ask it what it was being. The answer was "my subconscious" and it was thinking "it's found a good body to attach to". **R** then told me to ask it who it was and to have it think "me". It told me it was a male. I felt at this time that it had blown and **R** indicated my needle was floating. I felt very good about this result. I was even able to crack a joke, "Is that an LFBD in your pocket or are you just pleased to see me."*

R - Following the above session it suddenly dawned on me that if T was handling `OT stuff' she must be Clear! How the hell do I handle that?! (I'm not supposed to evaluate, etc. and I'm not a Class VIII auditor). Amazingly, that evening I'm checking out the newsgroup - alt.clearing.technology - and come across this juicy item. The unbelievable part is it said EXACTLY what I wanted to say to T at this exact point in time.

`On attaining the state of Clear a person begins to perceive and become subject to the banks of entities.'

***R** - I had reservations about the authenticity of the document so I also had **T** go over all the definitions of Clear in the Tech Dictionary as well.*

__T - R__ showed me the newsgroup item and some definitions. I had mentioned to him earlier in the month that I felt about 10 per cent clear, but after seeing these references I realised that I in fact was clear and at the time of this writing (a month later, 19 May 2000) feel the same way.

22.4 Clearing up major upsets

__R -__ Guess what? We were both right! At the start of the chapter __T__ had stated she felt she didn't have any upsets to handle and I had insisted she must have. Well, we were both right. She was right because the above upsets in fact were not `hers' but came from BTs/entities. After clearing up those upsets she was then able to deal with her own stuff without using the meter.

Wednesday 3/5/00

__T -__ I dealt with four recent incidents where an ARCx (enforced reality on myself) has occurred. One involved another person pushing in front of me in a queue, one was a friend of my mother's obtaining my work phone number and ringing me, one was not wanting to go to work and the other was __R__'s parents staying for three months every year. I was a little frustrated with seeing the same pattern of me being effect, however I dealt with each incident to a good point. I then came up with a recent ARCx where I enforced reality. This happened when my older brother didn't show enough responsibility when my mother fell ill. This led to a realisation that I was being a patsy (which, funnily enough, is my adopted name in my former Catholic religion). My win is that I made the connection with this and the fact that I've been effect for so long with family, strangers, work etc.

LOOK MA - NO METER!

Sunday 7/5/00

__T -__ This morning at the local pool I damaged my right neck/shoulder while swimming a lap. This had happened once before, late last year, at the same pool, the same part of the pool and swimming towards the same end of the pool. This time I told __R__, who was next to me, that it felt like I'd been stabbed . It was very painful upon any movement of my head or neck. It was like a paralysis. I felt as though I was stuck with the pain, which almost reduced me to tears. __R__ guided me in the process to handle entities. The entity was being a knife (I could picture it vividly). It didn't want to leave so I ran it through incident one and it finally blew. I felt better after this happened. A slight pain remained but to me this equated to healing from being "stabbed". I'm glad I did the process. It made the difference between spending the day in bed writhing in agony to me being able to spend the day performing physical work with little discomfort.

__R -__ Well, another FIRST for the dynamic duo? I was already blown out by the previous successes from this chapter. But we don't normally take an e-meter to the swimming pool and T's pain was very real and very NOW so I decided to have a go at it. To me it was so obviously an entity I had no problems running T through the what while in the main pool, and then we went into the hot spa and continued with the who/ me step. I was a bit concerned when it didn't resolve quickly but a little fishing discovered the entity needed to run Incident 1 so we did that and it worked.

Now we've demonstrated entities can be handled without a meter. Certainly the confidence to do so came from doing the previous 21 chapters without a meter. But the results were much better than I'd anticipated.

(These pages still under construction as at May 2000)

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Self Clearing Diary

Chapter *24*

'Suppression'

Our aim is to inspire others towards enlightenment via self clearing

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Using The Pilot's Self Clearing book - Chapter 24

R - Introduction *- Since beginning* ***Self Clearing*** *I've always run some of the processes of this chapter on* ***T*** *immediately after any period of illness (usually a cold or 'flu). This action has invariably moved her from effect to cause over elements connected to the illness and allowed us to continue with* ***Self Clearing****.*

Lately I had been concerned that ***T*** *had been making slow progress with* ***Self Clearing*** *and not contributing enthusiastically to the* ***diary****. Then following a particularly severe `flu' (which* ***T*** *had for two weeks, and which in turn made me sick for two days) I insisted we both do this chapter thoroughly and get our results onto the net.*

As ***T*** *is away for a few days I decided to get started immediately doing the processes on myself, and then run them on her when she returns. She has not had a chance to run these processes on herself though I have no doubt she could do so. We haven't arrived at this chapter yet (at the time of writing this we're only up to chapter 15), and I've always insisted on personally taking her through these processes to make sure they're done thoroughly. I consider suppression handling THAT important, especially when it affects MY second dynamic. Also a Catch 22, because of the very nature of suppression, is that it can be very hard to un-suppress oneself. Because of my background (Class V) I long ago attained knowledge/ certainty of the connection between illness and* ***suppression****. For me, therefore, results from processes such as those in this chapter are inevitable. My immediate challenge is to bring such enlightenment to* ***T****. The uninitiated will have little reality on such things until/unless they experience the benefits first-hand. Also false data exists such as `If you get your hair wet you'll catch a cold'. Therefore I hope our results will encourage others to help themselves be more cause and less effect of* ***suppression****.*

Friday 21/5/99

R *- I handled so MUCH charge on this first process* ***24.1 Spot a time when somebody stopped you, you stopped somebody else****, etc. The present time stuff was because of* ***T*** *chronically interrupting my communication (Fortunately it was all handled by the processing and we were able to discuss it later). This was sitting on heaps of this lifetime* ***stops*** *and some past life stuff - seven pages of write-up in fact. There were LOTS of insights into events in my life and I ended on the realisation that any* ***stop*** *is the result of someone (or something) winning, and this was being restimulated currently when* ***T*** *opposed my wanting to be/do/have.*

*I continued with **24.2 Criticism** which quickly led to realising I was potentially (and used to be) EXACTLY like some of those who seemed **critical** of my views/reality, such as Christians. When I was part of a cult some years ago I was as intolerant, if not worse, than any people I am currently connected to! I saw that it is automatic for anyone who is only self-determined (and unable to be pan determined) to oppose those not of the same kind, or in the same group, etc., and only very able beings can rise above this. I saw there exists a gradient scale of agreement/reality operating in any group connecting those in agreement and rejecting those who disagree, and how I and others had been up and down this scale.*

Monday 24/5/99

***R** - With part (a) of process **24.3 Making Nothing** again there was charge on **T** and other things in daily life (such as people on the street trying to walk through me), until part (b) revealed how I was **making nothing** of others. Then I saw how we **make nothing** of spiritual things by having attention only on the physical universe, and how burning witches made nothing of them, etc, plus many insights into life for three pages of answers until I felt a definite resurgence of my 7th dynamic (spiritual) pursuits, realising I am in fact something of an expert (as I have been labelled) on **Self Clearing** and whatever else I make important to me. Then I realised what was behind all the **making nothing** - the `game' here on earth IS opposition - thanks to Incident One. That's the basis/motivation/secret of our current mest existence.*

***R** - After lunch continued with **24.4 Spotting** so as to discover WHO was suppressing me. My belief in `the tech' is such that I have no doubt my recent flu was due to **suppression**. The questions of this process brought a number of suspects to light, including **T** but none of them seemed to be THE one. Then it dawned on me they all had something in common - they were all **human** beings. Suddenly everything fell into place. I saw how **humans** were chronically invalidating spiritual efforts, continuously out-ethics with their smoking, drugs, bad manners, full of false information, etc. etc. Also, I had been openly critical of `**human** beings' as recently as the previous chapter, an indication I'd done something TO them (critical=an overt). And I recalled snippets from LRH warning how **humans** (thetans in bodies) were indoctrinated to entrap /bring down OT beings and it was so obvious. Yes, dear reader, I was being suppressed by the entire **human** race.*

*Suppressing the giggles I launched straight into **24.5 How could you help (humans)**, how could they help you, etc., and quickly discovered humans had **helped** me discover my ideal beingness - [`Q' from Star Trek](). It used to be Superman till I discovered `I' wasn't the body. Q is a god and can do everything I expect an `OT' to do whereas Superman is really Super Body. So humans have **helped** me by making my goal more real. And the best way I can **help** humans is to attain that goal, **helping** pave the way for them to reclaim THEIR godhood.*

Wednesday 26/5/99

***R** - Process **24.6 What problem have (humans) been to you,** you to them, etc., quckly led to realising I often created my OWN **problems** with humans by trying to communicate with them about MY reality/s when they're simply not capable of doing so.*

***R** - I got the result of process **24.7 Withholds** almost immediately. I suddenly realised I am forced to **withhold** most of my reality and understanding from humans because it's fundamentally opposite/opposed to theirs. I know I am coming from the seventh (spiritual universe) dynamic. I have experienced being outside my body this lifetime on a number of occasions. I recall previous lifetimes in different bodies,*

etc. Obviously then `I' will continue to exist beyond the death of this body. This is of course spiritual immortality. Whereas humans believe they are a meat body, death is the end, `If anyone's lived before then why haven't they come back and told us about it', type of thing. You know, ignoring the fact that `Hey, hello, here we are and we've been telling you for years but you're not listening!'. Finally, because humans ARE in fact spiritual beings/thetans (albeit with wholetrack amnesia/brainwashing) and they ARE operating (full bore - but as meat bodies) they are tough cookies to crack, VERY out-ethics (non survival) OTs. Even the bible says they have eyes but do not see, ears but do not listen, etc.

***R** - With the amount of `critical' above I knew there'd be something on **24.8 Overts**, and so there was. Now the incident of attacking bodies and ships when I was a `rebel' OT came into focus. And what I now realised was I never felt accountable for that because it was BEFORE the start of the (body) game for me. When I did this **overt** I was on the OTHER side so it wasn't an overt! Anyway, I paid the price of being captured, implanted, given (imprisoned in) a body, and serving time. I STILL am! I realised I was critical of humans today because I'd failed to take responsibility for those early overts. It also occurred to me one of the ways I avoid full responsibility is by not DATING incidents, so they remain not quite real, or if they REALLY occurred surely I'd know WHEN.*

***R** - My head was really buzzing with the above processes but I was on a role so I went straight onto **24.9 Invalidation** and had another realisation straight away. I saw that I'd been **invalidated** by humans in the army and my solution was to learn martial arts so I could back it up my authority with force. I hadn't realised that before. Then I went on to invalidate humans with force, putting a couple of guys in hospital (which I was NOT proud of - incorrect estimation of effort, therefore `wrong'). At this point it occurred to me this entire action was equivalent to a repair of my 4th Dynamic!*

***R** - Went straight onto **24.10.1 Affinity** and quickly recalled I'd only been `accepted' or given **affinity** after being trapped in a body. It occured to me the assumption (taking over a body at or after birth) was a dramatisation of this urge to get into ARC with the human race. Then I realised the importance of `acceptance' as a manifestation of **affinity**, the tolerance of something or someone into one's `space'. My failure to accept embodied beings into my space ages ago led to my being trapped in a body. (That which you resist you become).*

***R** - Only two commands of **24.10.2 Communication** led to the HUGE realisation that (just prior to my pole trap encounter) because I'd wiped out a ship or two and some emissaries (they seemed SO tiny and insignificant when I was a big thetan!) that's why I became a `messenger' myself! AGAIN it was a case of what you resist you become! (I'll have a LOT more to say about who/what this `messenger' was when I've recovered/gained certain abilities).*

***R** - Process **24.10.3 Agreement** led to some incidents involving life as a `messenger'. I realised the urge of the humans building what we know as the Tower of Babel was simply the Incident One goal `To Be Godlike'. The bible tells us this was of course unacceptable to `God' and so he destroyed it. I recall being involved in the incident but I don't think many would believe me so I'll spare you the details. Again my win came from realising that when I was `godlike' (the messenger) I'd thoroughly opposed humans (my current 4th dynamic) at a time when they were striving to `be godlike'. It REALLY explains why I feel I'm being opposed by humans now when I'm striving to be godlike (again). Further, at a time when I believed I was completely different/superior to `humans' we were ALL in fact in agreement with (stuck in) the same system/ game. And once more it demonstrated how I'd become what I'd opposed.*

R - 24.11 Where would (humans) be safe/ where could you put (humans) so you could be safe *- well, where would YOU put them? That's right, on a planet as far away from the centre of things as possible, right on the edge of the galaxy - earth. And here they/we are.*

R - 24.12 What could you confront about (humans) *quickly led to the obvious conclusion I'd come down from create (see scale), then with* ***What action of (humans) could you be responsible for*** *I saw how I was still blaming them for trapping, implanting free beings, etc. Then I realised I'd done all those things myself (in an earlier role) which in fact WAS at create on the scale. And by creating human beings (back then) I was directly responsible for any present time problems I now have with them.*

R *- After two pages of* ***24.13 Mockups*** *I suddenly realised I was still stuck with/performing a post/job from an earlier civilization! Per the ethics data I realised I hadn't written up the post, ended cycle on it. I'd played a role in introducing and enforcing the current `system' by aligning with the command intention for earth. When the system was in place I was `retired' and I've felt out of place here ever since, but still trying to enforce `the rules', get people to do the right thing, etc. I'd been suppressed (captured, implanted, embodied) and was automatically doing it to others to keep them in place. In present time I was/am protesting people who fail to `obey the rules'. I realised what I really react against are people who invalidate or make nothing of myself or other people, because the majority are trying to make something. I wasn't quite satisfied with this so I continued the process until I finally got it. I realised I'd `made nothing' of one of man's greatest efforts to become godlike - the Tower of Babel. THAT'S why I was being effect/getting upset when others tried to `make nothing' of me!!!*

I felt very pleased with my personal results from doing this chapter. I'd blown HEAPS of charge, discovered a WHO for any ***suppression*** *I'd been under, and had some amazing recalls, insights, cognitions, etc. etc. I was now more than ready to help* ***T*** *get some results from these processes.*

Saturday 29/5/99

24.1 - Stops

T *- I have problems with being moved when* ***R****'s parents come to visit. I thought of times when my Nan visited and I was moved out of my bedroom. She also tried to stop my younger brother and I from looking at a car accident outside our home. The* ***stop*** *process brought to light the comparison between me now being annoyed at sacrificing my comfort and the fact that I had to do it when I was a child also.*

24.2 - Criticism

T *- Running the criticism process, I recalled my mother hates Greg Norman but doesn't explain why. I had a discussion with* ***R*** *about hate. I had trouble thinking of something that I hate because of all the energy going into a negative feeling.* ***R*** *mentioned he hates the sensation of touching cockroaches. I realised I hate mosquitoes because they always bite me and I react badly when I'm bitten (emotionally).*

24.3 - Making nothing

T *- I realised that if a person stops communicating with another this is making nothing of them. My father used to go silent when he was upset about something, which would be upsetting to everyone else around him.*

24.4 - Spotting

T - *Spotted that my younger brother may be a suppressive person. We started the help process but I didn't have a win on this, so we left it at a flat point.*

Sunday 30/05/99

24.6 - Problems

T - *I realised that I have failed help with my brother. On numerous occasions I have tried to assist him albeit unsuccessfully (given him money, told my parents of his financial problems). This has led to the current problem of how do I help him?* ***R*** *and I discussed how failed help is a ridge. I see it as my attempts at help ricocheting off my brother.*

24.7 - Withholds

T - *My brother hasn't admitted that he has a problem (dope smoking, gambling, overspending), therefore he hasn't begun to fix it and is withholding it.*

24.8 - Overts

T - *I realised that if my brother is finding life difficult or not coping then I tend to revel in it as his losing makes me appear greater. This may also be a reason why I don't help him.*

24.9 - Invalidation

T - *My brother has been very critical of me in the past (my appearance, height, conscientious nature), however I now realise I have been as equally critical of him. I tease him when he only fills in two answers in crosswords or if he has to read a newspaper article more than once. I consider him to be a bit of a dullard. It came as a bit of a surprise to know that I've been very critical of him in an area which I'd forgotten he'd had so many difficulties. He had comprehension problems at school where he didn't know what he was reading and he also had a lazy eye, which frustrated him a great deal.*

24.10.1 - Affinity

T - *I realised that I used to have affinity for my brother when I didn't know any better and because I was impressionable. When he started to lift weights while on the dole, smoke grass and gamble, my affinity for him decreased. I still have affinity for him, but only in short bursts. He doesn't enjoy communicating with me, probably because his problems appear to be greater than mine.*

24.10.2 - Communication

T - *The other evening I tried to have a conversation with my brother. It was a two way conversation being held by one person. By me being there I was insisting on talking. He wasn't speaking, and I realise that if he did this would have indicated that he was interested and I would have taken up more of his*

time. My brother doesn't have good communication skills. He grunts, he walks off in the middle of a conversation and doesn't seek acknowledgment.

24.10.3 - Agreement

***T -** My brother moved into the garage after my father died. I have the feeling that he obtained an insisted agreement from my mother, yet I came home one day to find he'd moved there. I regard this also as insisted agreement. He didn't seek my input and he didn't take into account the fact that my bed is right next to the dividing wall to the garage. This is also an `enforced reality' in terms of the ARC triangle.*

24.11 - Safe

***T -** I quite glibly thoguht that people like my brother and I are safe because we have a place to live etc. However we are not in control of outward influences, therefore we are not truly safe. I realised that some people are not even safe in their first dynamic eg schizophrenics or psychopaths. **R** mentioned earth vs other civilisations and how we're a `safe' distance from them.*

24.12 - Cause

***T -** I have a greater understanding of responsibility over the dynamics. I feel responsible for my brother because he was born after me and because he is part of the family unit. We ended on this process of the chapter, as I wasn't sure if my brother is the suppressive person after all.*

Monday 31/5/99

24.5 - Help

***T -** The next person on the list is my mother. I have failed help with my mother. She is too helpful towards me (I'm 30 years old and she has dinner waiting for me when I get home) and I don't appreciate her efforts. My nose is out of joint also because I have good things happen to me and yet they pale in comparison in her opinion with things that my brothers do.*

24.6 - Problems

***T -** When I was 20 I won a trip overseas and I took my father. Dad hadn't travelled much before (he was 57 and spent his working life in the public service). I feel as though I enhanced his quality of life because he travelled a fair bit after that until he died last year. However I didn't realise until now that I decreased my mother's quality of life because every night Dad would discuss future travel with Mum (who wasn't interested in planning, just going). Sometimes she would get upset and go outside (where I'd go to look for her). I'm glad I spotted this side to the equation.*

24.7 - Withholds

***T -** I realised that I am withholding from my mother the fact that I stay with her fortnightly because it's what I feel is expected, a family responsibility. I have been unable to make the break away from the family unit. I don't especially enjoy staying with my mother (she eats with her mouth open, has to have*

*the last word etc) but it's a bit of a break from **R** (for both him and me).*

24.8 - Overts

***T** - This was a hot area; I was able to get a lot of charge off. Told **R** some new anecdotes about my family life. **R** and I discussed that an overt can be intentional or unintentional, which helped to figure out if an overt had taken place eg decided Mum raising me as a Catholic to me is an overt, because it really messed me up.*

Tuesday 1/6/99

24.9 - Invalidation

***T** - I tried to pass off the invalidations against my mother as being not deliberate but `routine'. Mum appears to be oblivious to my invalidations (eg she keeps talking while I read the newspaper). I feel that her invalidations aren't deliberate (eg when I stay with her she spends a lot of time talking about my brothers). It's like a mother/daughter act.*

24.10.1 - Affinity

***T** - I thought of one of my many childhood `incidents'. I was with my mother and my older brother walking across a crossing when I was hit by a car. I was about 8 years old. My brother was walking first, followed by Mum then me. Mum had no responsibility over me, as she couldn't see where I was. She then had me show people the bruise on my bottom, which was embarrassing. This was what I thought of when **R** said,`Is there a time when you rejected your mother's affinity?' I also realised that Mum is jinxed when it comes to cars. She was driving in an accident which killed her father. She also had a slight prang which she didn't remember.*

24.10.2 - Communication

***T** - I had a realisation that when I started going out with **R** I dumped my parents like hot potatoes, and they'd been around all that time. I stopped doing crosswords with them and picking horses/horse racing with Dad. I realised how difficult it must be for parents when their children grow up and grow apart from them.*

24.10.3 - Agreement

***T** - I realised that when I have been adamant that I'm right about something and Mum doesn't agree with me it's a real sore spot. It takes her about a week to find out that I'm right and she tells me so, but by then it is too late. I feel she should have agreed with me in the first place. I have problems with **R** about him agreeing with me also. I told him recently I felt ill, as I had a sore throat turning into a cold. He dismissed this very readily and I didn't appreciate that. It was as if he was saying `I've heard it all before', and I barely get sick.*

24.11 - Safe

T *- My mother takes anti-epileptic medication. She is prone to `turns' where she blacks out momentarily. I feel that Mum would be safe as a spiritual being if she was in another body, one in better working order eg because of her turns she has collided with the kitchen table, fridge etc and has had bruises and broken bones. The other alternative is she would be safe in a padded cell, not for mental reasons but because she would be safe from MEST eg sharp objects.*

24.12 - Cause

T *- I realised that I can confront anything about my mother, which I have had to do in the past. I am only willing to be responsible for her actions where she is not totally in cotnrol (eg in one of her turns). I discovered that I am at No Effect on the pre-havingness scale, which is the lowest point there is. I have responsibility in certain aspects of life (eg my job) but am at no effect because I can't be bothered/am disinterested in many other areas. I suppose this to a certain degree could be seen to be no reaction/ apathy.*

Summary

T *- There was a noticeable difference in my sickness. I felt better after completing this chapter.* ***R*** *wanted to continue handling any suppressive people in my life, but I felt I had done enough on* ***suppression*** *and I was interested in the next chapter, Problems. I remembered a funny incident which I didn't put in my write up. My brother was physically sick over the Monopoly money while we were playing. Mum didn't bat an eyelid, she just cleaned it up and we kept using the money when we played subsequent games. That incident I suppose sums up the both of them; Mum is careful with money and my brother has had a problem with money ever since!!*

R *- I LOVE the freedom of Self Clearing! I believe* ***anyone*** *with auditing training can get fantastic results on themselves or others with it. No special equipment is required - just a pen and paper and the willingness to discover things about yourself and existence. Without such training then humans require something special to overcome the spiritual inertia they all seem to have.* ***T*** *began (March '98) with above average intelligence but it has required much of the steel fist in a velvet glove to get this far. The first YEAR of S/C was all uphill with/for her but it was worth it, as I knew it would be. Whoops - got to stop preaching. My big WIN from both of us doing this chapter was that* ***T*** *now has more understanding of what causes her to `get sick', irritable, lose interest in self clearing, etc. That is what I wanted for her. And she easily achieved the ideal result - the restoration of her willingness to continue with Self Clearing. At the first hint of any* ***suppression*** *in the future we will be straight back to the processes of* ***chapter 24*** *in order to handle it.*

(Last updated 25 June 99 - stay tuned!)

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Self Clearing Diary

Chapter *31*

`Advanced Incident Running'

Our aim is to inspire others towards enlightenment via self clearing

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Using The Pilot's Self Clearing book - Chapter 31

These are more difficult areas in which is incident running is quite useful. A professional might prefer to run these things earlier, but they are a bit too difficult for self clearing until after you have had success with handling simple incidents of pain and loss.

If you are already doing very well with handling incidents and the technique seems to be in the way and unnecessary, go ahead and shift over to simple recall on the area being handled rather than holding yourself back with a slow technique. But some of the areas given here might be difficult enough that you still need to use the incident technique even though you are capable of bypassing it on easier things.

So use some judgment. On the one hand, it does you little good to bounce around from incident to incident without cleaning up things, but on the other, it is undesirable to grind along slowly when you could be flying. If you have been doing a good job working through this book, you should have enough experience and understanding by this point to judge when you are doing well or poorly and to shift gears accordingly

The Pilot's Self Clearing book - Chapter 31

31.1 Drug Handling

Before directly handling incidents of taking drugs, you should run out any pains, sensations, emotions, or attitudes connected with taking drugs that were not already addressed in the earlier chapters on incident running. And most especially, you should run any pains, sensations, emotions, or attitudes that you had prior to taking a drug and for which the drug was a solution.

This applies both to medical drugs and to street drugs and even to alcohol, cigarettes, or any chemical that might either cause or suppress a pain or sensation. Make up a list of the various things that you have taken. Take them up one at a time in order of greatest interest.

For each one, write down pains, sensations, emotions, or attitudes associated with it. Then write down

ones that you might have had prior to taking it (and which might have been the reason that you took it). Take these up one at a time, again in order of greatest interest, and for each one, run a chain of incidents that could have caused that pain or sensation or whatever it is.

Monday 1 January 2001

R *- I did the Drug Rundown with the CoS with GREAT results years ago. It was thrilling to trace an attachment to my then favourite drink of Bacardi & Coke back to adventurous times on wooden sailing ships where rum was used internally and externally to make one feel better, especially when limbs had to be removed because of gangrene or whatever. Another past life recall was standing at the door of a lady's house staring at a cabinet full of different bottles of liquor. I was wearing buckskins and a coonskin hat and I'd never seen so much booze. Now I knew why I'd absolutely LOVED my Davy Crockett outfit when I was a kid this lifetime, sang the song with tears in my eyes whenever it was played, and cried when John Wayne died in The Alamo. I'm not saying I was Davy Crockett - a lot of guys wore buckskins - but the Alamo is very real to me as well as a lifetime as an Indian.*

So I was going to skip this process at first but then I realised I'd be more able to help ***T*** *if I did it first myself. Also the timing is AMAZING. We'd recently decided to quit drinking alcohol for the new year - well,* ***T*** *decided and I knew she was right - but it was easier said than done. We quarrelled over something which led to me getting angry and pouring out the rest of the beer and wine into the sink. We're now both happy with our New Year's resolution. Another amazing result of quitting alcohol was* ***I was now interested in handling drugs and alcohol*** *with the processes of this chapter!*

(To be written up in due course)

31.3 Residual Poisons

Your body might be clogged up with residual poisons, both from drugs and from the general toxins that abound in our society. I wouldn't make any recommendations here but simply suggest that you take a look at the area, find out more, and see if you need to do something to get the body into better shape. Homeopathy specializes in handling poisons locked up in the tissues and there are a number of good books on the subject.

An intensive exercise and vitamin program can be a big help. Read Adele Davis, Linus Pauling, and other nutritional references.

But don't start worshipping the body or put yourself in a lesser role. If you get really up there you might be able to get the body to flush out poisons simply by putting that intention into the body. The drills given in the first few chapters are really the strongest ones once you can perceive and project intention strongly. Use judgment.

R *- We begin writing this chapter during our Christmas holidays in the year 2000 because of dramatic results from Dr Hulda Clark's liver cleanse. Here is the first write-up which I shared with friends at the time, one of whom I loaned my old zapper to so she is doing the cleanse this weekend. Such cleansing is obviously appropriate to this section of the diary.* ***T*** *and I recommend purchasing a zapper to kill parasites. We purchased two excellent zappers via the internet from http://www.adcomtronics.com/zapper.htm . If you have any problems making or obtaining a zapper these are the ones we use and can*

recommend.

*We also recommend any of Dr Clark's books, especially The Cure For All Diseases. We reiterate the Pilot's words above - **don't start worshipping the body, etc.** - because we found it so easy to AGREE with so much of what such books say they can strongly influence you to make radical unnecessary changes. One has to maintain one's primary purpose of complete Self Clearing. A strong, healthy body is a natural, inevitable result of maintaining a purpose to de-aberrate ALL one's dynamics (see 44.1). It is only the goal for ONE of your 8 dynamics so, as the Pilot says, **Use judgment!***

I had already done the old `Sweat Program' and then the Purification Rundown and had incredible results. But that was years ago. Reading Dr Hulda Clark's book made me realise I'd been way too glib about the body. Here are photos of my first results from her liver cleanse. I purchased a `zapper' years ago and used it to cure things I can't even recall now. Recently I purchased two more via the net and loaned the first one to a friend who is currently doing the liver cleanse also. I got into trouble for showing these pictures at work. (Meanwhile we are dealing with the suppression there.) Thank God for the internet :-)

Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and an increased sense of well being.
(from The Cure For All Diseases by Dr Hulda Clark)

Mood music Stones Another view And another

***T** - The thought of taking Epsom salts followed by oil did not interest me greatly, but when **R** did the initial liver cleanse I fasted in support. I was very impressed with the results he came up with. For the second liver cleanse I joined **R**. The Epsom salts were difficult to keep down, but the addition of orange juice helped greatly. However after taking one sip of the olive oil and grapefruit juice I chose not to continue the cleanse. Between 8pm and 11pm on that night I used the toilet six times, which was difficult to get used to. It was disappointing that I did not pass any stones, but I'm sure the Epsom salts gave my digestive system a much needed flushing. It was a surprise to me that **R** passed so many stones on the second liver cleanse. I am very interested in a purification program of some sort, especially regarding my in utero exposure to my mother's nicotine and anti-epileptic medication.*

***R** - First results of my second liver cleanse about two weeks later: image 1 image 2 image 3*

With those parasites removed gallstones were produced soon after: image 4 image 5 image 6

***R** - 21/12/00 - Results of third liver cleanse: write-up image 1 image 2 image 3*

***R** - I stopped collecting and photographing at this point. The novelty has worn off. I intend to continue the liver cleanse as recommended, every two weeks until no more stones are produced. Another reason why I was successful with the liver cleanse (and **T** wasn't - yet) is that over the years I have done various related cleanses and **T** hasn't. I've had colonic irrigations (NOT a lot of fun but definite health benefits) and done colon and bowel cleansing treatments. I've tried various diets such as the Fit For Life Diet, been a strict*

vegetarian for 6 months, fasting, juice fasting, etc. but I don't think I've felt this good before. I enjoy my `average' diet but I'm probably drinking too much beer (to have something in common with my parents?). Some years ago I stopped eating pizza with beer because my digestion just couldn't handle it. Now it can. I'm not saying beer and pizza is good - I'm just giving an honest example of how I've benefited from the liver cleanse.

Monday 1 January 2001

***T** - I completed the liver cleanse with some modifications. I did not use half a cup of oil, only about two teaspoons. This may have been why my stone count was not as big as **R**'s. The last glass of Epsom salts made me dry retch, but I was able to keep it down. I will never look at fruit juice the same way again, as that was what we used to make the Epsom salts palatable. Last night was physically easier than the last time I attempted the cleanse. I mentally communicated with my body, keeping it relaxed. I'm glad that I passed some stones this morning. It makes the physical torment worthwhile. The whole experience has made me aware of what goes into the body and the implications of too much fat. After not eating for about 20 hours, the wholemeal bread and butter that we had at 10 o'clock this morning was tasteless and bland. Up to that point it had probably been my favourite snack food. Since doing the liver cleanse I have found that I am digesting my food much easier and do not feel gassy or bloated. Even swimming is easier now as I don't have gas stuck in the upper part of my body and I don't need to continually belch/burp.*

***T**'s first stones - image 1 image 2 image 3 - She is aware of what Dr Hulda Clark says:*

NOTICE: Do not be disappointed if the stones you see are not as large and you get no parasites out. Even if you only get a couple of dozen small stones out of your liver, you have achieved a great deal for your liver and your overall health.

***R** - Results of my 4th liver cleanse - hundreds of small stones along with the regular large green variety. Again it's hard to believe there's so much of this stuff inside one. With this cleanse I realised something important about Mankind's search for the **Secret of Youth**. It should be plural. There's not ONE secret. There are many. Cleansing the liver is one of them. We've given up alcohol for the time being and I feel bloody great. Pizza tonight!*

Results of 4th liver cleanse: Image 1 image 2 image 3 image 4

***R** - The other BIG health discovery I've made recently is Dr Linus Pauling's Vitamin C therapy. Obviously the Pilot knows about it too because he mentions Linus Pauling in this section. I've used vitamins since my earlier years with COS but even I find this information INCREDIBLE. I now take 3gms of C each day along with L-Lysine as recommended. I'll write up my personal results when I experience something concrete. After one month a dry skin condition I've had on my arms has disappeared. I attribute this to the increased collagen my body is making. Here is one of the Linus Pauling sites I came across on the net.*

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